

Nutritious Snack Ideas



GRAPES + CHEESE
STICK



WALNUTS + GREEK
YOGURT



BANANA/APPLE + NUT
BUTTER



SMOOTHIE: PROTEIN,
FRUIT, VEG, FAT SOURCE



BOILED EGG + WHOLE
GRAIN CRACKERS



AVOCADO TOAST



SLICED VEGGIES +
HUMMUS



ROASTED EDAMAME +
BERRIES



FRUIT + COTTAGE
CHEESE



GO MACRO BARS



TRAIL MIX: NUTS, FRUIT,
DARK CHOCOLATE



CINNAMON APPLE CHIPS
+ NUTS



HARVEST SNAPS PEA
CRISPS



PICKLES + DELI TURKEY



PEPITAS + DRIED FRUIT



SLICED VEGGIES +
GREEK YOGURT RANCH



SWEET POTATO CHIPS
+ HUMMUS/GUAC



THAT'S IT BAR + CHEESE
STICK