

20 HEALTHY SNACK IDEAS

The key to healthy snacking is to find foods that have as much nutritional value as possible that will fill you up, so you aren't hungry again a short time later. Snacking should be planned, just like your meals, so you aren't caught off guard and make an unhealthy choice!

The more REAL FOOD you eat, the better you are going to feel.

Have different snacks during the week to keep it interesting and to increase the different types of nutrients you are getting.

Note: Eating organic is always best but do what your budget and preferences allow.



HERE ARE 20 HEALTHY SNACK IDEAS TO GET YOU STARTED!

1. Almonds, walnuts or cashews (a small handful) *put into snack size baggies!
2. Homemade energy balls
3. Celery and nut butter (2 tbsp)
4. Cut veggies (celery, carrots, peppers, cucumbers) with hummus
5. Banana/Plantain chips and salsa or guacamole
6. Hard-boiled egg
7. Kale chips or sweet potato oven chips (make your own)!
8. Good quality (organic, grass fed, no sugar) beef jerky
9. Mary's Organic GF crackers or TJ's, GF Norwegian Crisp Bread with almond spread
10. Apple slices with nut butter
11. Pumpkin seeds (zinc!) and dried cranberries
12. Whole Fat Plain Greek yogurt with berries and seeds
13. Green smoothie or fruit smoothie with ground flax, chia or hemp seeds
14. Fresh fruit with nuts
15. Small lettuce wrap with protein and avocado
16. GF or whole grain toast points with tuna salad (half serving)
17. Dinner leftovers
18. Salad with a variety of vegetables and olive oil-based dressing
19. LARA or RX Bars (less the chocolate chips if possible)
20. Banana and nut butter