

# BALANCED SNACK IDEAS

Choose one from EACH side

## CARB

- any fresh fruit like apple, orange, banana ect
- fruit cup in light syrup or its own juice
- whole grain crackers like triscuits or wheat thins
- handful of pretzels or baked chips
- 3 cups popcorn- air popped or light butter

### Low calorie options:

- celery
- carrots
- cherry tomatoes
- mini bell peppers
- cucumbers & pickles

## PROTEIN

- palm full of sunflower seeds, almonds, cashews, peanuts, pistachios, ect
- 2 spoons of peanut butter
- 2 hardboiled eggs
- mozzarella cheese stick
- tuna or chicken seasoned packet
- hummus dip
- protein bar like KIND protein, RX bar, Nature Valley protein, Pure protein, protein One, Built bar, ect
- Protein shake or powder
- Turkey or beef jerky like Epic or Krave
- 4 slices deli meat
- 1 cup Greek yogurt like Oikos, Dannon light and fit, GV light
- 1/2 cup cottage cheese
- Roasted chickpeas or edamame