

Power Snacks: How to Build a Healthy Snack

carbs



asparagus
broccoli
carrots
cauliflower
celery
cucumber
edamame
green beans
peppers
snap peas
apple
banana
berries
grapefruit
orange
kiwi
peach
pineapple

fats



avocado
hemp seeds
flax meal
pumpkin seeds
coconut milk
nut butters
tahini
hummus

nuts:
walnuts
pecans
macadamia
hazelnuts
almonds
pistachios
peanuts

proteins



quinoa
chia seeds
flax seeds
hemp seeds
sunflower seeds
pumpkin seeds
sesame seeds

beans:
black beans
lentils
chickpeas
pinto beans
white beans

animal proteins:
hard boiled eggs
cheese sticks
yogurt + Milk

and
or

putting it together

Be creative with your combinations!

Raw or roasted low Glycemic Index vegetables + dips:

- cucumbers + hummus
- roasted cauliflower + salsa
- carrots + tahini sauce
- peppers + black bean dip

Raw fruits or vegetables + nut or seed butter: + topping:

- apple slice + nut butter + flax meal
- celery + almond butter + sunflower seeds

Smoothies:

- 1/2 cup Fruit
- 1 cup vegetable
- 2 Tbsp Fats (avocado, nut butter)
- Protein/Liquid:
 - High protein liquid such as Cow's Milk, Pea Milk, Flax Milk, Soy Milk or
 - Protein powder + Almond Milk/Coconut Water)