

## 30 Snack Choices in 3 Minutes or Less

### Morning Snack Choices

- Hardboiled Egg white & Banana
- Non-Fat Plain Yogurt & ½ cup Strawberries
- Brown Rice Cake with Almond Butter
- 1 scoop Protein Powder, ½ cup Blueberries & 1 cup Almond milk
- 1 Banana & 1 Tbsp. Natural Almond Butter
- ½ cup Carrots & 2 Tbsp. Hummus
- 7 Almonds & hand full of Cranberries
- 1 Yogurt and ½ cup Grapes
- 1 cup Berries
- ½ cup Berries, 1 Yogurt & 2 Tbsp. Granola
- ½ Whole Grain Wrap, ½ Banana & 1 Tbsp. Natural Peanut Butter

### Afternoon Snack Choices

- 1 Apple & 7 Almonds
- 1 cup Celery & 1 Tbsp. Natural Peanut Butter
- ½ can Tuna & ½ Bell Pepper
- 1 small bag of Organic Popcorn (once per week)
- 1 Rice Cake & 1 Tbsp. Natural Peanut Butter
- 1 scoop Protein Powder, ½ cup Berries, 1 cup Skim Milk
- 4 squares Dark Chocolate & 7 Walnuts (once per week)
- 1 cup Red Pepper & ¼ cup Hummus
- 1 piece of fruit (Orange, Grapefruit, Apple, Banana, Etc.)
- ½ can Tuna & Cherry Tomatoes
- 3 ounces Grilled Chicken Breast, Sliced Cucumber & ½ Pear
- Hardboiled Egg Whites, Sliced Tomatoes & ½ Pear
- 1 cup Sliced Cucumbers & ¼ cup Hummus
- ½ cup Non-Fat Cottage Cheese, Chopped Kiwi & ½ Apple
- Baked Kale Chips
- 1 cup Roasted Chickpeas
- ¼ cup Guacamole & 1 cup Veggies
- 2 Hardboiled Eggs & chopped Veggies
- 1 cup Edamame