



50 Healthy Snacks

1. 1 c. raw broccoli or cauliflower with 1/4 c. hummus
2. 4 c. popcorn/1 low fat string cheese
3. 1 slice whole/sprouted wheat toast/1/4 c. sliced avocado sprinkled with lemon juice
4. 1 apple sliced & sprinkled with cinnamon/2 Tbls. raw walnuts
5. 1/2 c. unsweetened applesauce/2 Tbls. raw pecans
6. 1 c. cherry tomatoes/1 string cheese
7. 1 oz. non-nitrate deli roast beef/1 oz. cheese slices/alfalfa sprouts
8. 1/2 c. warm brown rice/1/2 c 2% or whole milk/1 tsp. honey
9. 10 large black or green olives, rinsed/1 oz. cheese
10. 3 rye krisp crackers/1 oz. sliced cheese
11. 1/2 whole wheat/sprouted grain English muffin/1 Tbls. natural peanut butter
12. 1 c. berries/ 1/2 c. yogurt/1 Tbls. no sugar added jam
13. 1 med. pear/1 oz. cheese
14. 1 med. orange/ 1/2c. cottage cheese
15. 1 c. sliced red or green peppers/ 1/4 c. hummus
16. 1/2 c. rinsed black beans/ 1/2 c. cottage cheese
17. 1 kiwi/1 string cheese
18. 1/2 toasted pita pocket/ 1/4 c. hummus
19. 1 slice sprouted grain bread/ 1 Tbls. nat. peanut butter/1 tsp. nonsugar jam
20. 1 oz. Feta cheese/ 1/2c. unsweetened applesauce or sliced peaches
21. 1 slice whole wheat bread/1 tsp olive oil/1 sliced tomato/1 oz. cheese-broil 'til cheese is melted
22. 1 scoop unsweetened protein powder/ 1/2 c. berries/ 1/2 c. 2% or whole milk/stevia-blend
23. 1 c. Kashi whole grain puffed cereal/ 1/2 c. 2% or whole milk/stevia/1 Tbls. hydrolyzed gelatin
24. 1 hardboiled egg/1 slice whole wheat toast/1 tsp. nonsugar jam
25. 1 veggie burger/1 slice tomato/romaine lettuce leaves/mustard
26. 2 large dates/1 Tbls. natural peanut butter
27. 1 c red grapes/1 Tbls. sunflower seeds or pumpkin seeds
28. 6 oz. can of low sodium tomato or v8 juice/1 wedge laughing cow cheese/5 whole wheat crackers
29. 1/2 c. plain yogurt/1 Tbls. natural peanut butter, nuked and stirred into yogurt/1/4 sliced banana
30. 1 piece string cheese/1 slice whole wheat bread
31. 2 Tbls. raw cashews/1/2 c. grapes
32. 12 almonds/1 c. sliced mango
33. 1/2 c. cottage cheese/1/2 c. applesauce
34. 1/2 oz. non-nitrate beef jerky/5 whole wheat crackers
35. Apple/2 Tbls. natural peanut butter
36. 1 oz. non-nitrate deli turkey/1 c. raw veggies
37. Can of tuna/2 Tbls. oil and vinegar dressing/greens
38. 1/4 c. hummus/1 c. raw veggies
39. 1/2 pb&j sandwich-all natural PB on whole or sprouted wheat
40. 1/2 c. plain yogurt/1 Tbls. ground flaxseed/1/4 c. unsweetened applesauce
41. Can of tuna/1 slice whole wheat bread
42. 1 small banana/1 tbs. natural peanut butter
43. 2 c. melon/2 Tbls. pumpkin or sunflower seeds
44. 1/2 c. jicama slices/1/4 c. hummus
45. 1 string cheese/ 1 c. sliced cukes
46. 2 Tbls. natural peanut butter/2 stalks celery
47. 1 c. snow peas/1/4 c. guacamole
48. 1 c. baby carrots/2 Tbls. natural peanut butter
49. 1 whole grain rice cracker/1 Tbls. almond butter/1 tsp. nonsugar jam
50. 1/2 c. unsweetened pineapple/ 1/2 c. cottage cheese