

Grab & Go Snacks

Easy, whole food ideas to pair together for satisfying snacks

Fresh Fruit

- Grab a piece of whole fruit. Anything you can eat as is with no cutting is ideal.
 - Apple
 - Pear
 - Banana
 - Grapes
- Pair it with a healthy fat - it will keep you satisfied longer as fat is a slow-burning energy and the carbohydrates in fruit burns quickly.
 - Nut butter
 - Nuts



Proteins

- Hard-boiled egg
- Trail mix - nuts, seeds, coconut, dried fruit
- Smoked wild salmon
- Organic deli meat or grass-fed jerky
- Cheese cubes



Veggies

- Veggie sticks with hummus, tzatziki or another dip
 - Celery, carrots, bell pepper, cucumber etc.

Fat

- Avocado with a sprinkle of sea salt or wrapped with deli meat or smoked salmon
- Guacamole with veggie sticks
- Cheese
- Nuts & seeds

