

Easy Healthy Snacks

- Greek yogurt with mixed berries
- Hard boiled eggs
- Ants on a log: Celery with peanut butter and raisins
- Mixed nuts and seeds
- Edamame
- Whole grain toast with avocado
- Homemade/Boom chicka pop/Skinny pop Popcorn
- Baby carrots and hummus
- Protein granola bar
- Green smoothie: protein powder, spinach, banana, milk
- Whole wheat tortilla with nut butter
- Bell peppers and dressing dip
- Whole wheat crackers and cheese slices
- Apple slices with peanut butter
- Chia seed or flax seed pudding
- Cottage cheese with fruit and cinnamon
- Fresh fruit: berries, oranges, mango, etc.
- Cherry tomatoes and mozzarella
- Pear slices and ricotta cheese
- Dried unsweetened coconut
- Cucumber slices and cream cheese
- Green or black olives
- Turkey roll ups: sliced turkey, cucumber, cream cheese
- Baked kale chips

