

SNACK IDEAS

Carrot or celery sticks & dip

Hummus & pita bread

Apple with peanut butter

Crackers with hummus

Muesli bar

Beef jerky

Almonds

Greek yogurt with berries or

honey

Protein bar

Olives

Avocado on toast

Edamame beans

Protein shake

Frozen grapes

Roast chick peas

Popcorn

Pretzels

Dark chocolate

Boiled egg

Fruit or berries