

BALANCED MACRONUTRIENT SNACK LIST

Mix and match one from each column for a sustained energy snack.

PROTEIN

- Greek Yogurt (1/2 cup)
 - Hard Boiled Egg (1)
 - Cottage Cheese (1/2 cup)
 - Turkey Slices (2-3 oz)
 - Edamame (1/2 cup)
 - Protein Powder (1 scoop)
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HEALTHY FATS

- Raw Almonds (10-12)
 - Walnut Halves (5)
 - Avocado (1/4)
 - Chia Seeds (1 tbsp)
 - Nut Butter (1 tbsp)
 - Pumpkin Seeds (2 tbsp)
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COMPLEX CARBS

- Apple / Pear (Small)
 - Berries (1 cup)
 - Oatmeal (1/3 cup dry)
 - Rice Cakes (2)
 - Carrot Sticks (1 cup)
 - Whole Grain Toast (1)
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QUICK BALANCED COMBOS

- 🍏 Apple + Almond Butter
 - 🍓 Greek Yogurt + Blueberries
 - 🍗 Turkey + Avocado Roll-ups
 - 🥙 Hummus + Raw Veggies
 - 🍓 Cottage Cheese + Pineapple
 - 🍚 Rice Cake + Egg + Avocado
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Standard portion sizes. Consult a professional for specific dietary needs.