

EASY PREP MACRO SNACKS

Balanced Fuel for High Performance

PROTEIN POWER

- Hard Boiled Eggs 2 large
 - Greek Yogurt (Plain) 3/4 cup
 - Turkey Roll-ups 3 slices
 - Cottage Cheese 1/2 cup
 - Edamame 1/2 cup
 - Beef Jerky 1 oz
 - Protein Shake 1 scoop
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ENERGY CARBS

- Apple Slices 1 medium
 - Rice Cakes 2 cakes
 - Blueberries 1 cup
 - Oatmeal (Small) 1/3 cup
 - Banana 1 small
 - Baby Carrots 12 count
 - Whole Grain Toast 1 slice
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HEALTHY FATS

- Raw Almonds 12 nuts
 - Avocado 1/2 fruit
 - Walnut Halves 7 count
 - Dark Chocolate 1 square
 - Pumpkin Seeds 2 tbsp
 - Nut Butter 1 tbsp
 - Olives 10 count
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PRO TIP: COMBINATION SNACKS

Pair 1 Protein + 1 Carb for sustained energy.

Example: Apple (Carb) + Turkey (Protein) or Greek Yogurt (Protein) + Blueberries (Carb).