

GLUTEN-FREE MACRO SNACK CHART

SNACK IDEA	INGREDIENTS	PRIMARY MACRO
Turkey Roll-Ups	Deli turkey slices, cucumber strips, mustard.	High Protein
Greek Yogurt Power	Plain Greek yogurt, handful of hemp seeds.	Protein Fat
Apple & Almond	Sliced apple, 1 tbsp unsalted almond butter.	Carbs Healthy Fat
Simple Hummus	Carrot sticks or GF crackers, 1/4 cup hummus.	Complex Carbs
Avocado Egg	1 hard-boiled egg, 1/2 avocado, sea salt.	Protein Fat
Rice Cake Crunch	Brown rice cake, cottage cheese, cinnamon.	Protein Carbs
Trail Mix	Raw walnuts, pumpkin seeds, dried cranberries.	Healthy Fat
Edamame	Steamed edamame pods with sea salt.	Plant Protein