

HIGH FIBER MACRO FRIENDLY SNACKS

Balanced fuel for satiety and performance

SNACK ITEM	SERVING	FIBER	PROTEIN	CALORIES
Raspberries w/ Greek Yogurt	1 cup / 150g	8g	15g	140
Edamame (In pod)	1 cup	8g	17g	180
Roasted Chickpeas	1/4 cup	5g	6g	120
Chia Seed Pudding	2 tbsp seeds	10g	5g	160
Apple w/ PB2/Powdered PB	1 medium	5g	6g	145
Black Beans w/ Salsa	1/2 cup	7g	7g	110
High Fiber Crispbread w/ Tuna	2 crackers	6g	14g	130
Air-Popped Popcorn	3 cups	4g	3g	90
Lentil Pasta (Cold Salad)	1/2 cup cooked	5g	11g	150

SNACK ITEM	SERVING	FIBER	PROTEIN	CALORIES
Pear w/ Low Fat Cottage Cheese	1 medium	6g	14g	180