

# NUTRIENT DENSE MACRO SNACK GUIDE

## PROTEIN HIGH

- Greek Yogurt Pro
- Hard Boiled Eggs Pro
- Turkey Roll-ups Pro
- Edamame Pro/Fib
- Cottage Cheese Pro
- Tuna Pouch Pro

## HEALTHY FATS

- Raw Almonds Fat
- Walnuts Fat/Omega
- Avocado Fat/Fib
- Pumpkin Seeds Fat/Min
- Olives Fat
- Chia Pudding Fat/Fib

## COMPLEX CARBS

- Berries Carb/Ant
- Apple Slices Carb/Fib
- Rice Cakes Carb
- Oatmeal Carb/Fib
- Hummus Carb/Pro
- Sweet Potato Carb/Vit

Note: Aim for 10-15g Protein per snack for optimal satiety.