

OFFICE MACRO SNACK GUIDE

High Productivity & Balanced Energy

HIGH PROTEIN

- Greek Yogurt ~100 kcal
- Beef Jerky ~80 kcal
- Hard Boiled Egg ~70 kcal
- Protein Shake ~120 kcal
- Cottage Cheese ~90 kcal

HEALTHY FATS

- Almonds (15) ~100 kcal
- Walnut Halves ~130 kcal
- Avocado Toast ~150 kcal
- Pumpkin Seeds ~120 kcal
- Dark Chocolate ~150 kcal

COMPLEX CARBS

- Apple w/ Cinnamon ~95 kcal
- Rice Cakes (2) ~70 kcal
- Blueberries ~80 kcal
- Baby Carrots ~35 kcal
- Hummus Cup ~150 kcal

*Approximate values based on standard serving sizes. Prioritize hydration alongside snacks.