

STUDENT MACRO-FRIENDLY SNACKS

Balanced fuel for focus and recovery

SNACK IDEA	PORTION GUIDE	DOMINANT MACROS
Greek Yogurt & Berries	1 cup yogurt + 1/2 cup berries	ProteinCarb
Rice Cakes with PB & Banana	2 cakes + 1 tbsp PB + 1/2 banana	CarbFat
Hard Boiled Eggs & Grapes	2 large eggs + 1 cup grapes	ProteinFat
Cottage Cheese & Pineapple	1/2 cup cheese + 1/2 cup fruit	ProteinCarb
Deli Turkey Roll-ups	4 slices turkey + 1 string cheese	ProteinFat
Hummus & Carrot Sticks	3 tbsp hummus + 10-12 carrots	FatCarb
Overnight Oats	1/2 cup oats + 1 scoop protein powder	CarbProtein
Edamame (Steamed)	1 cup in pod	ProteinCarb

SNACK IDEA**PORTION GUIDE****DOMINANT
MACROS**

Beef Jerky & Almonds

1oz jerky + 10-12 nuts

ProteinFatApple Slices with Nut
Butter1 medium apple + 1 tbsp
almond butter**CarbFat**

**Portions are approximate. Adjust based on your specific caloric and macro-nutrient requirements.*