

# VEGAN MACRO-FRIENDLY SNACKS

Plant-based fuel for balanced nutrition

<b>SNACK IDEA</b>	<b>PRIMARY MACRO FOCUS</b>	<b>SERVING SUGGESTION</b>
<b>Edamame (Steamed)</b>	<b>High Protein</b>	1 cup with sea salt
<b>Roasted Chickpeas</b>	<b>Balanced Carb/Pro</b>	1/2 cup, spiced with cumin
<b>Tempeh Strips</b>	<b>High Protein</b>	3oz smoky marinated
<b>Greek-Style Soy Yogurt</b>	<b>High Protein</b>	150g with 5 berries
<b>Almond Butter &amp; Celery</b>	<b>Healthy Fats</b>	2 stalks, 1 tbsp butter
<b>Lupini Beans</b>	<b>High Protein / Low Carb</b>	1 snack pack (60g)
<b>Pumpkin Seeds (Pepitas)</b>	<b>Fats / Protein</b>	1/4 cup dry roasted
<b>Seitan Jerky</b>	<b>High Protein</b>	28g / 1oz strip
<b>Rice Cake &amp; Hummus</b>	<b>Complex Carb</b>	1 cake, 2 tbsp hummus

**SNACK IDEA**

**PRIMARY MACRO  
FOCUS**

**SERVING  
SUGGESTION**

**Tofu "Nuggets"**

**High Protein**

1/2 block, air-fried