

HEALTHY SNACK SELECTION

Proteins

- Hard-boiled Eggs
- Greek Yogurt (Plain)
- Roasted Chickpeas
- Edamame
- Cottage Cheese

Fats & Seeds

- Raw Almonds
- Walnut Halves
- Pumpkin Seeds
- Chia Seed Pudding
- Avocado Slices

Fruits & Fiber

- Apple Slices
- Mixed Berries
- Pear with Cinnamon
- Dried Figs (no sugar)
- Grapefruit Segments

Vegetables

- Cucumber Rounds
- Baby Carrots
- Bell Pepper Strips
- Celery with Nut Butter
- Cherry Tomatoes

Daily Goal: 2-3 portions from different categories.