



{Easy}

Snack Ideas

- Popcorn with grated parmesan and chopped rosemary
- Apple or banana with nut butter
- Crackers with cheese & fruit or veggies
- Toast with avocado, lime juice, and salt
- Trail mix – roasted almonds and walnuts, dark chocolate chips, dried cherries, etc. – aim for 3 parts nuts, 1 part fruit/chocolate
- Greek yogurt or cottage cheese with fruit + nuts (try chopped pears, walnuts, & cinnamon!)
- Celery sticks with nut butter and raisins
- Cucumbers with olive oil, feta, salt & pepper
- English muffin with soft-boiled egg
- Crackers, veggies & hummus
- Latte with a handful of nuts
- Edamame or roasted chickpeas
- Kale chips
- Dates, pitted and stuffed with nut butter