



WINTER SHAPE UP

meals

@FITNESSISTA

@FANNETASTICFOOD

# Snack IDEAS

Don't forget to include snacks in your day! Aim to wait no more than 3 to 4 hours in between fueling so you don't get too hungry (which can lead to overeating, and not enjoying your food).

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- Carrot & celery sticks dipped in guacamole
- Apple wedges dipped in almond butter & sprinkled with chia seeds and cinnamon
- Greek yogurt mixed with cinnamon and vanilla – as a dip for sliced pears, berries, and other fruit
- Soft boiled egg (the runny yolk makes it feel extra decadent!) with some fruit or veggies on the side
- Frozen banana drizzled with a little melted dark chocolate & sprinkled with walnuts
- Air-popped popcorn with a squeeze of lime juice and a sprinkle of salt and chili powder
- Air-popped popcorn with cinnamon, sliced almonds, and a quick drizzle of honey
- Toast with mashed avocado, lemon juice, salt & pepper
- Sliced cucumbers with olive oil, feta, salt & pepper
- Veggies (go beyond baby carrots – try cauliflower, snap peas, jicama, radishes, green beans, or mini peppers!) with hummus
- Whole milk latte with a handful of nuts
- Canned tuna mixed with a squirt of Dijon mustard and mashed avocado with crackers or veggies
- Make your own trail mix – aim for 2 to 3 parts nuts/seeds and 1 part dried fruit or other fun mix ins