



Simple Snack Ideas

Plan on eating 1-2 snacks every day to keep your energy and concentration high all day long!

Fruit & Nuts

- An apple and peanut butter
- Raisins and almonds
- Pumpkin or sunflower seeds
- Walnuts and dried apricots
- Soy nuts and defrosted frozen raspberries

Veggie & Protein

- Celery sticks with ricotta cheese and raisins
- Carrots with natural peanut butter
- Bell pepper stuffed with cottage cheese
- Radishes, snow peas and carrots dipped into Ranch dressing mixed with Greek yogurt
- Cherry tomatoes and string cheese
- Baby carrots with a hardboiled egg

Balanced Crunch

- Granola sprinkled on yogurt with defrosted frozen peach slices
- Popcorn combo with pecans and raisins
- Honey whole wheat pretzels with almond butter and apple slices
- Corn tortilla chips with salsa and black bean dip
- Brown rice cakes spread with sunflower seed butter and fruit spread
- Whole grain crackers with hummus and cucumber slices
- Tostada shell or corn tortilla chips with melted shredded cheese and salsa
- Celery sticks stuffed with cream cheese
- Trail mix made with raisins, dates, peanuts, almonds, sunflower seeds, and bran flakes
- Whole grain cereal with milk and banana slices

Smooth & Creamy

- A small carton of yogurt
- Greek yogurt with a drizzle of honey
- Smoothie made with yogurt, frozen fruit and nut butter
- Popsicle made from yogurt and frozen berries

