

Snack Selections



sliced vegetables (carrots, celery, cucumbers, bell peppers with hummus or peanut butter)



hard-boiled eggs



beef sticks



Oikos Triple Zero yogurt (or plain yogurt & add protein powder to flavor)



apple (with nut butter or Laughing Cow swiss cheese or just cinnamon sprinkled)



1/2 c. berries



pumpkin seeds



Crackers (Simple Mills or Nut-Thins)



Deli Turkey Slices



String Cheese (low-fat)



dried mango slices



cottage cheese



tuna packets

Snack Selections



rice cakes (w/ peanut butter or Greek yogurt as frosting)



unsweetened applesauce (with cinnamon)



protein smoothie



Quest protein chips



dates



That's it fruit bars



mandarin oranges



protein bars (Rx, no cow, ONE)



frozen grapes



cashews or almonds



pickles



bare baked apple chips