

Balanced Snack Ideas

Snacks are a great to satisfy your hunger between meals or if you are on the go- no one likes to be "hangry" ! I personally recommend pairing together a protein or healthy fat with a fiber source to keep me satisfied until the next meal. See below for some balanced snack ideas to try out!

-1/2 cup cottage cheese + whole wheat crackers

-3/4 cup Greek yogurt + sprinkle of dark chocolate chips + handful of raspberries

-1/2 chicken salad sandwich (using whole wheat bread or pita pocket)

-handful baby carrots or celery + 2-3 tbsp hummus

-1oz cheese melted on 1/2 whole wheat English muffin

-2 brown rice cakes + 2 tbsp peanut butter

-1/2 cup crunchy chickpeas or edamame

-1 cup popcorn + handful of nuts

-3/4 cup Greek yogurt + toppings (ex. Fruit, granola, chia seeds, nuts, cinnamon, honey)

-1/2 cup tuna/chicken/egg salad + whole wheat crackers OR whole wheat pita pocket

-1/4 whole wheat bagel + 1tbsp cream cheese + 1 oz smoked salmon

-1 banana + 2 tbsp peanut butter

-1/2 cup plain greek yogurt mixed with ranch or french onion mix + carrot/celery sticks