

SNACK LIST



SWEET

- 1 oz pumpkin pie spices
pumpkin seeds
- Low-carb PB&J
(1/2 banana slices layered
strawberry slices and
1 tbsp peanut butter)
- 1/2 cup cottage cheese +
1 tbsp cocoa nibs + handful
of raspberries
- 1 medium apple, sliced +
1 tbsp almond butter
- 3.5 oz cantelope + 2 tbsp
whipped heavy cream
- 1 small pear + 3.5 oz
ricotta cheese
- 2 tbsp chia seeds + 1/2 cup
milk + 1 tsp vanilla stevia
- Celery with 1 tbsp peanut
butter

SAVORY

- BLT lettuce wrap with 2
slices of bacon and 2 slices
tomato
- Caprese salad skewer
(1 oz mozzarella cheese,
3 cherry tomatoes & basil)
- 3 oz of tuna with 1/4 cup
mayo and 1/4 cup celery in
a wrap
- 3 oz spices carrot chips
with smoky paprika and
sea salt
- Baked egg in 1/2 bell
pepper
- 5 pineapple spears tossed
with chili powder and lime
- 1 cup baked zucchini chips +
sea salt + vinegar
- 6 grapes dipped in goat
cheese
- 1/2 red pepper +
2 oz guacamole
- 1/2 cucumber +
2 tbsp tahini
- 1 tomato, sliced +
2 oz mozzarella cheese
- 1 handful baby carrots +
2 tbsp bleu cheese
- 6 flaxseed crackers +
1 oz cheese

BONUS!

- 1 strong cheese
- 1 cup popcorn
- 2 oz lean deli meat
(such as chicken or
turkey breast)
- 1 hard-boiled egg
- 4 walnut halves
- 1/4 cup almonds
- 1/2 medium avocado
- 1/2 cup edamame
- 1 mandarin
- 1/2 cup unsweetened
coconut flakes
- 1 oz 70% dark chocolate
- 10 green olives
- 8 oz bone broth
- 1/2 cup kale chips
- 15 cheese chips
- 6 oz unsweetened
yogurt