



Healthy Snacks

FRUIT

Apple
Blueberries
Banana
Cantaloupe
Grapes
Mangoes
Orange
Peaches
Pineapple
Plums
Raspberries
Strawberries
Watermelon

Vegetables

Asparagus
Broccoli
Carrots
Cauliflower
Celery
Cherry Tomatoes
Cucumbers
Peppers
Sugar Snap Peas

DIPS

Almond Butter
Greek Yogurt
Hummus
Peanut Butter

FRIDGE SNACKS

Bagged Salad
Cottage Cheese
Hard Boiled Eggs
String Cheese
Yogurt

PANTRY SNACKS

Almonds
Dried Fruit
Granola
Popcorn
Pretzels
Protein Bars
Rice Cakes
Trail Mix
Turkey Jerky
Walnuts
Wheat Crackers

SNACK TIPS

- ❖ Prepare bagged snacks ahead of time.
- ❖ Wash fruit & veggies when you get home from the store.
- ❖ Pre-portion foods for easy “grab & go” options for the week.
- ❖ Enjoy 2-3 snacks per day!