

BALANCED SNACKS

Fruit + Protein/Fat Combos

1. Apple slices + almond butter + cinnamon
2. Pear slices + ricotta + pistachios
3. Banana + peanut butter + hemp seeds
4. Berries + Greek yogurt + chia seeds
5. Grapes + cheese cubes + walnuts
6. Orange slices + cottage cheese + sunflower seeds
7. Dates stuffed with almond butter + cacao nibs
8. Melon cubes + prosciutto + mint
9. Pineapple chunks + cottage cheese + flax seeds
10. Frozen berries + protein powder blended into yogurt

Veggie + Protein/Fat Combos

11. Carrot sticks + hummus + pumpkin seeds
12. Cucumber slices + guacamole + hemp hearts
13. Mini bell peppers stuffed with chicken or tuna salad
14. Celery sticks + sunflower seed butter + raisins (adult ants on a log)
15. Snap peas + string cheese + almonds
16. Zucchini rounds + cream cheese + smoked salmon
17. Roasted chickpeas + cucumber spears
18. Olives + feta cheese cubes + cherry tomatoes
19. Avocado half + hemp seeds + drizzle of olive oil
20. Kale chips + handful of cashews



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Protein-Packed Bites

21. Hard-boiled egg + cucumber sticks
22. Deviled eggs with Greek yogurt instead of mayo
23. Turkey roll-ups with avocado slices
24. Beef jerky + raw veggies
25. Salmon jerky + cucumber rounds
26. Mini turkey burger patty + lettuce wrap
27. Chicken skewers + tzatziki dip
28. Egg muffins (egg + spinach + feta baked in muffin tins)
29. Protein smoothie shot (almond milk + protein powder + spinach + frozen berries)
30. Cottage cheese + sliced cucumber + black pepper

Crunchy + Savory Snacks

31. Brown rice cakes + almond butter + chia seeds
32. Rice crackers + guacamole + pumpkin seeds
33. Whole grain crackers + tuna salad
34. Popcorn tossed with nutritional yeast + olive oil
35. Trail mix (nuts, seeds, unsweetened coconut flakes, small bit of dark chocolate)
36. Edamame sprinkled with sesame seeds
37. Roasted pumpkin seeds + dried cranberries
38. Seaweed snacks + avocado slices
39. Lentil chips + Greek yogurt dip
40. Spiced roasted almonds



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Sweet-Style Snacks (Still Balanced)

41. Energy bites (rolled oats + nut butter + flax + cocoa)
42. Dark chocolate square + handful of almonds
43. Small baked sweet potato topped with Greek yogurt + cinnamon
44. Chia seed pudding (almond milk + chia + vanilla)
45. Rice cake with cottage cheese + blueberries + drizzle of honey
46. Protein bar (clean ingredients, low sugar)
47. Coconut yogurt + pumpkin seeds + raspberries
48. Smoothie popsicle (protein powder + almond milk + berries, frozen in molds)
49. Mini oatmeal cup (oats + egg + applesauce baked in muffin tin)
50. Half avocado blended with cacao + stevia for quick choco-mousse

