

## MORE SNACK IDEAS

Including snacks between meals can help support your energy levels and reduce overeating at meals. Choose fiber-rich whole plant foods that satisfy hunger and balance blood sugar.



### Savory Snacks

- 1 sliced bell pepper +  $\frac{1}{4}$  cup guacamole
- 1 cup baby carrots & celery sticks +  $\frac{1}{4}$  cup hummus
- 1 cup shelled edamame + sprinkle of dulse flakes
- $\frac{1}{2}$  cup roasted chickpeas or edamame
- 2 rice cakes +  $\frac{1}{4}$  cup hummus + chopped tomatoes & cucumbers
- 2-3 cups air-popped popcorn + sprinkle of nutritional yeast



### Sweet Snacks

- Fresh fruit (apple, banana, berries, grapes, melon, pineapple, kiwi, mango, etc.)
- 1 medium baked sweet potato + sprinkle of cinnamon + 1 tbsp hemp seeds
- 1 medium apple + 1 tbsp natural peanut butter
- 1 cup kale blended with 1 frozen banana + 1 tbsp chia seeds + 1 cup unsweetened non-dairy milk
- 1 frozen banana blended with 1 tbsp almond butter + 1 cup unsweetened non-dairy milk
- $\frac{1}{2}$  cup berries + small handful of walnuts + 1 square dark chocolate
- $\frac{1}{4}$  cup dried cranberries & unsalted mixed nuts
- 2 medjool dates stuffed with  $\frac{1}{2}$  tsp nut butter each