

REINVENT YOUR SNACK DRAWER

Reinvent your snack drawer (or pantry basket) with this list of healthy & delicious food. You will find everything you should have on hand so you can get through any crazy day without getting hangry! This list includes various snacks that are both healthy and filling for those crazy days when you just don't have the time!



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NO MEAL PREP NEEDED

1

PROTEIN BARS

- RXBar- Chocolate Sea Salt, Coconut Chocolate, Coffee Chocolate
- KIND Protein- Dark Chocolate Nut, Crunchy Peanut Butter, Almond Butter Dark Chocolate, Caramel Nut, White Chocolate Cinnamon Almond
- Primal Kitchen: Almond Spice, Chocolate Coconut, Mint Chip, Peanut Butter, Coconut Lime
- Go Macro- Cashew Caramel (Protein Paradise), Blueberry, Cashew (blissful daybreak).

2

NUT BUTTER

- 3 grams of sugar or less
- Whole food ingredients only (should be nut & maybe some salt)
 - Almond butter
 - Cashew Butter
 - Peanut Butter
 - Coconut Butter
 - Sunflower Butter

3

FRUIT

- Purchase Seasonally
- Bonus points if you add a nut butter to your fruit!
 - Banana
 - Orange/ Clementine/ Tangerine
 - Grapefruit
 - Pomegranate seeds

4

CHIP REPLACEMENTS

- Hippeas
- Snap Peas (baked)
- Plantain Chips (less than 5 grams of sugar)

5

GRAB & GO SMOOTHIE

- Chai Squeeze Snack
 - Favorite Brand: Mama Chai
 - [Amazon](#)
 - Thrive Market

6

RAW/ UNSALTED NUTS

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MINIMAL MEAL PREP NEEDED

1

VEGGIES & HUMMUS

- Wash & Cut up veggies ahead of time for easy dipping
 - Carrots
 - Celery
 - Cucumber
 - Radish
 - Broccoli
 - Cauliflower
- Pre-Portion 2TBSP of hummus into small containers

2

CHAI SEED PUDDING

- 1 TBSP of chai seeds + 1 cup of liquid +sweet seasonings
 - Chai Seed Brand I recommend: Mama Chai
 - Liquid recommendation:
 - Coconut Milk
 - Other thicker milk

3

FRUIT

- Wash & Chop where needed
- Purchase Seasonally
- Bonus points if you add a nut butter to your fruit!
 - Apple
 - Pear
 - Berries
 - Peaches
 - Nectarines
 - Plums
 - Grapefruit