

EMPOWERFITNESS

HEALTHY SNACKS

1. Pistachios (25)
2. Veggies and hummus
3. Bowl of fresh berries with fresh mint
4. Watermelon slices
5. Walnuts (10-15)
6. Banana with almond butter
7. Apple with almond butter
8. Hard-boiled egg
9. Greek yogurt with homemade granola or low sugar granola with fresh fruit
10. Frozen grapes
11. Non-gmo popcorn (with garlic salt if needed)
12. Celery with almond butter and low-sugar raisins or cranberries
13. 3 pieces of dark chocolate
14. 1 small container of unsweetened apple sauce with 1 small baby bell cheese
15. ½ cup low-sodium cottage cheese with sliced veggies
16. 1 slice of tomato with 1 thin slice of fresh mozzarella drizzled with balsamic vinegar and basil

