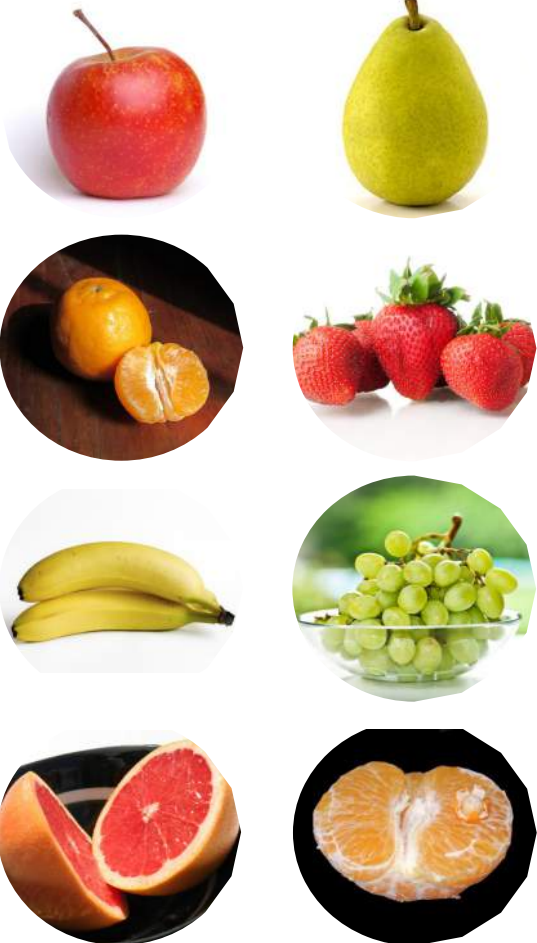


SNACKS

Combos: Fruit OR Vegetable + Protein

Fruit choices:

- * Apple
- * Orange
- * Banana
- * Grapefruit
- * Pear
- * Strawberries
- * Grapes
- * Mandarin



Veggie choices:

- * Celery
- * Carrots
- * Snap peas
- * Broccoli
- * Bell Peppers



OR

+

Protein choices:

- * Yogurt (*Greek or 2%*)
- * Hard boiled egg
- * ½ cup cottage cheese
- * ½ cup hummus
- * ½ cup tzatziki



Tip: For snacks, include 2 of the 4 food groups to keep you feeling full!

Easy Options

Sliced apple with
cinnamon & yogurt



Sliced apple with
peanut butter



Frozen yogurt
popsicle



Mashed avocado on
whole wheat toast



Sliced avocado on
whole grain cracker



Berries + cottage cheese
on whole grain cracker



Yogurt & fruit
smoothie



Sliced cucumber &
cheddar cheese



Banana, peanut butter,
cinnamon & chocolate
chip wrap

