POWER SNACKS

HOW TO BUILD A HEALTHY SNACK

Whole Lifecycle NUTRITION

CARBS



asparagus
broccoli
carrots
cauliflower
celery
cucumber
edamame
green beans
peppers
radishes
snap peas
apple
banana
berries
grapefruit
orange
kiwi
peach
pineapple

+

FATS



avocado
hemp seeds
flax meal
pumpkin seeds
high-quality oils
coconut milk
nut butters
tahini
hummus

nuts:
walnuts
pecans
macadamia
hazelnuts
almonds
pistachios
peanuts

+

PROTEINS



quinoa
chia seeds
flax seeds
hemp seeds
sunflower seeds
pumpkin seeds
sesame seeds

beans:
black beans
lentils
chickpeas
pinto beans
white beans

animal proteins:
hard boiled eggs
cheese sticks
yogurt
milk

PUTTING IT TOGETHER

BE CREATIVE WITH YOUR COMBINATIONS!

Raw or roasted low GI-vegetables + dips:

- cucumbers + hummus
- roasted cauliflower + salsa
- carrots + tahini sauce
- peppers + black bean dip

Raw fruits or vegetables + nut or seed butter: + topping:

- apple slice + nut butter + flax meal
- celery + almond butter + sunflower seeds

Others:

- Smoothies [1/3 fruit + 2/3 vegetable and liquid]
- Chia pudding + fruit + seeds
- Hard boiled egg + guacamole/mashed avocado
- Cooked quinoa + fruit + milk of choice