

SNACKS

Finding healthy snacks can be tricky and difficult to find. The key to healthy snacks is to pack them with you to work or during travel. Having some of these snacks already prepared can also help with cravings.

1 Slices Ryvita + Peanut Butter
+ sliced Banana



2 Boiled Eggs with salt +
pepper and Tabasco
(or other sauce)



1 Nakd Bar
Available in Health food
section of supermarkets



Small bag of popcorn



200 g GREEK Yogurt
(Greek yogurt is higher in
protein) + handful mixed
nuts



3-4 slices cooked lean turkey/chicken



2 Ryvita crackers + Cream cheese + add smoked salmon



Hummus + cucumber/carrot/ Celery sticks



Lettuce Wraps – Add slices cucumber, lean turkey slices, red pepper, slices cherry tomatoes and wrap!



Lettuce + Cucumber + cream
cheese + turkey slices Tortilla
Wraps



Greek Yogurt + Mixed nuts and
seeds with berries Sundae



Apple Slices with peanut butter



Large Handful on mixed berries
with agave nectar



SNACKS

PROTEIN BALLS

- 1 cup rolled oats
- 1/2 cup natural peanut butter
- 1/3 cup honey
- 1/4 cup chopped dark chocolate
- 2 tablespoons flax seeds
- 2 tablespoons chia seeds
- 1 tablespoon chocolate-flavored protein powder, or to taste



1. Stir oats, peanut butter, honey, chocolate, flax seeds, chia seeds, and protein powder together in a bowl until evenly mixed. Cover bowl with plastic wrap and refrigerate for 30 minutes.

2. Scoop chilled mixture into balls. Keep cold until serving.

CHOC CHIP COOKIES

- 3/4 cup unsalted creamy almond butter
- 1/2 cup organic coconut sugar
- 2 tablespoons coconut oil, melted and cooled
- 2 eggs
- 1/4 cup coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup chocolate chips



1. Preheat oven to 350 degrees F. Line with parchment paper.
2. In the bowl or a food processor, add in almond butter, coconut sugar and coconut oil; process until it comes together, about 1 minute. Add in eggs and process again. The dough will probably seize up at this point, but that's okay.
3. Next, add in coconut flour, baking soda and salt; process again until a dough forms. Gently fold in chocolate chips.
4. Place onto the sheet on the tray in shapes of your choice.
5. Bake for 8-10 minutes or until cookies turn slightly golden brown around the edges. Allow them to cool. Repeat with remaining dough. Makes around 20 cookies.

CHOCOLATE OAT COOKIES

- 100g Oats
- Dark/sugar free/milk chocolate chips
- 2 large bananas



1. Mash bananas
2. Stir in the oats and chocolate chips
3. Place into a baking tray and bake for 10 minutes at 180

BANANA ICE CREAM

- 2 large bananas
- Natural nut butter (optional)
- Chocolate chips (optional)



1. Slice bananas and freeze over night
2. Blend frozen bananas until an ice cream consistency, place into a bowl
3. Stir in peanut butter/chocolate chips

FLAPJACK

- 100g oats
- 2 bananas
- Dried fruit or chocolate chips



1. Mash bananas
2. Stir in the oats and other ingredient of choice
3. Place into a baking tray and bake for 10 minutes at 180