

Ultimate Healthy Snack Guide

Complete Guide, Grocery List, and Recipes for Nourishing and Nutritious Snacks for You and Your Loved Ones.



Snack Guide

What is the Purpose of a Snack?

The purpose of a snack is to keep you satisfied between meals, with just enough food to sustain your energy and prevent you from getting too hungry that you overeat at the following meal, but not too much food that would spoil your appetite for a real meal.

What Constitutes as a “Snack”?

A snack should be about:

- 90-200 Calories
- Contain at least 5 g of Fiber or Protein, but ideally both, for optimal fullness
- Not contain added sugars, artificial colors or dyes, or high fructose corn syrup
- Should always be accompanied by lots of water
- Should ideally be accompanied by vegetables

Nutritious Notes:

- Before eating, always, always go for WATER FIRST!!!
- Keep these healthy snacks at eye level for you, but especially for your children, to encourage healthier choices
- Keep the junkier foods in opaque containers, and on very high shelves (or not in the house at all) to demonstrate “out of sight, out of mind”
- Stay mindful. Often a snack gets treated more casually than a meal and doesn't get the full respect it deserves. Try to sit and pay attention to your snack at a table, as you would a meal, rather than eating it while standing, driving or watching TV, which can all lead to overeating.
- Think of a snack as a noun, not a verb. The verb “snacking” usually gets people into a mindless state of overeating and clearing their pantries rather than taking the same amount of time to prepare a proper healthy meal.
- It is always worth paying a little bit more for portion-controlled packs of snacks as recommended in the grocery list. Value sizes are not always valuable to you.
- Most items on this list are Kosher Certified and Gluten Free as well, but please always read labels for your specific allergen and dietary needs.

Grocery List

***Shopping Key: MGS= Most Major Grocery Stores WF= Whole Foods & Specialty Markets A= Amazon T= Target TJ= Trader Joes**

For the Refrigerator:

1. "Snackable Vegetables" aka vegetables that don't require cleaning, peeling, cutting, etc.

***MGS**

- - Cherry tomatoes, especially the yellow ones
- - Baby carrots
- - Persian cucumbers
- - Mini bell peppers
- - Endives
- - Sugar snap peas
- - Radishes
- - Pickles

2. Dips for Vegetables ***MGS**

- - Wholly Guacamole 100 calorie packs
- - Light dressing cups
- - 100 calorie packs of hummus
- - Light salad dressings like Newman's Own Sesame Ginger dressing, Galleo's, and Bolthouse Farms yogurt dressings
- - Mild Salsa

3. Quick and Easy Proteins ***MGS**

- - Hard boiled eggs
- - Greek yogurt cups with 100-150 calories (10g+ protein)
- - Light string cheese
- - White turkey slices, low sodium if possible
- - Snack size cottage cheese packs (approximately 90 calories and 10 g protein)

4. "Snackable Fruits" aka fruits that don't require cleaning, peeling, cutting, etc. *MGS

- - Apples
- - Plums
- - Pears
- - Grapes
- - Strawberries, Blackberries, Raspberries
- - Peaches, etc.

5. Calorie- Free Refreshing Beverages

- - Jazzed up water pitcher with lemon and/or mint and/or strawberries
- - Unsweetened, decaffeinated iced tea
- - Low calorie drinks and water enhancers like Bai 5, Hint, Stur, or Sweet Leaf water drops *MGS, A, T
- - La croix, zevia, Perrier, arrow head, and other 0 calorie, all natural sparkling waters

For the Pantry:

1. PB2 Chocolate Peanut Butter Powder *MGS, A, WF
2. Starkist Creations Tuna Packs *MGS, A
3. Epic maple salmon jerky or other jerkys *A
4. Hearts of Palm *MGS
5. Artichokes Hearts
6. 100 calorie packs of almonds (14 almonds) or pistachios (25 pistachios) *MGS, A
7. Organic unsweetened apple sauce cups, 2g+ fiber, less than 12 g sugar *MGS, WF, TJ
8. Edazen Crunch-a-mame packs *WF, A
9. Mamma Chia, chia squeeze packs *MGS, A
10. 100 calorie bags of Skinny Pop popcorn *MGS, A, T
11. Seaweed snacks *MGS, TJ, WF
12. Freeze dried fruit, nothing added (this is not dried fruit!.. freeze dried fruit is crispier, lower in calories and sugar, and higher in volume than dried fruit) *MGS, TJ
13. So Delicious Vanilla Almond Milks 5x Protein, Individual Packs (70 calories, 5g protein) *A, WF
14. Variety of teas *MGS
15. Enlightened Broad Beans *A, WF
16. Love Grown Foods Power O's Cereal (portion into 1 cup serving baggies) *WF, A
17. Wasa Crisp n Light 7 Grain Crackers
18. Simply Protein Chips *A
19. Quest chips *A

20. Siren Snacks *A
21. Doctor in the Kitchen Flackers Flax Seed Crackers *A, WF
22. Olives individual packs of olives *MGS, A
23. Nut butter packs like the kind by Justins and Wild Friends Chocolate and Vanilla Protein+ Peanut Butter
24. Julian's Bakery ProGranola *A
25. La Tortilla Carb Cutting Sonoma Wraps (60 calorie wraps) *MGS, TJ

Bars for the Car:

1. Beachbar
2. Health Warrior Chia Protein Bar *A, WF
3. Evo Hemp Cashew Cacao Bar *A
4. Think Thin *Lean* Bars *MGS, A, T, WF
5. Zing Bars Double Nut Brownie *A, WF
6. Juno Bar Apple Crisp *A

For the Freezer:

1. Frozen fruit that can be sucked on like candy *MGS, TJ (i.e. Frozen grapes, Pineapple chunks, Cherries, etc.)
2. Garden Light Vegetable Soufflés *MGS
3. Froozer or Good Pop popsicles *MGS, WF
4. Arctic Zero 150 calorie or Halo Top dairy free Ice Cream Pints *MGS, WF
5. Halo top 50-60 calorie pops *WF
6. Vitalicious Vitacakes and Vitatops *MGS, T, A
7. Dole Dippers- chocolate covered strawberries and bananas *MGS, T
8. Absolutely Gluten Free Cauliflower Crust Pizzas *A

Snack Recipes

1. Coffee and cake: Make a coffee with a 1/2 cup 5x protein vanilla almond milk and a pack of stevia. Enjoy with a Vitalicious vitamuffin.
2. Deconstructed PB&J: Mix 4 tablespoons of PB2 Chocolate with 2 tablespoons of water and mix until smooth. Add in 1/2 cup of chopped strawberries. Eat with a spoon or mix with 4 oz. plain, nonfat Greek yogurt.
3. Smoothie: 1 bottle of Bai 5 (any flavor) with 1/2 banana, 3 ice cubes, a handful of spinach, and a 100-calorie vanilla Greek yogurt
4. Celery Sticks and Wild Friends Protein+ Peanut Butter
5. Guacamole Deviled Eggs: Slice 2 hard boiled eggs in half. Discard the yolks and fill each egg half with a 1/4 of a 100-calorie pack of guacamole. Add red chili flakes if desired.

6. Ice cream and a chai tea latte: Make a hot chai, pumpkin spice or ginger spice tea. Add a splash of unsweetened vanilla almond milk. Dip an Enlightened or Yasso ice cream bar into the tea and enjoy together.
7. Small Bowl of Cereal: 3/4 cup of Power O's with 1 cup of unsweetened vanilla almond milk and 1/3 cup of blackberries
8. Cottage Cheese and Frozen Fruit: Top 1/2 cup of low fat cottage cheese with 1/2 cup of cut up frozen pineapple or mango
9. Persian Cucumbers and cherry tomatoes dipped in a light dressing, with a String Cheese
10. 10 Baby Carrots and 4 tablespoons of hummus
11. 2 Cups of Sugar Snap Peas and a 100-calorie pack of Ranch Dressing
12. 4 Slices of turkey wrapped around 4 hearts of palm or bell pepper slices, dipped in mustard
13. 1/2 of a Garden Light Butternut Squash Soufflé topped with ~100 calorie Greek yogurt cup and a sprinkle of cinnamon
14. Mix a Starkist tuna pouch with 2-4 tablespoons of salsa. Fill into Endive leaves.
15. Tortilla Pizza: Top a Sonoma Wrap (or <70 calorie wrap) with 2-4 tablespoons of marinara or salsa, a handful of spinach leaves, and chop up 1 light string cheese to sprinkle on top. Bake in an oven, toaster oven or microwave until cheese is melted.

