

HEALTHY SNACK IDEAS

HIGH PROTEIN SNACKS:

- 5oz of plain Greek yogurt (*Use stevia or PB2 of Cinnamon or Fresh fruit preserves for flavor*)
- ½ cup of 2% cottage cheese
- 1-Premiere Protein Shake (*premade protein shakes- can be purchased online or at Costco in bulk*)
- **Protein Powders:** Whey protein powder, Vegan protein powder (combination of pea & rice protein) or Egg white protein powder
 - Mix with almond milk for a low-calorie snack on the go
 - Blend with almond milk, 1 cup of frozen fruit and 1Tbs. of nut butter for a meal replacement
- 1-2% Mozzarella cheese stick
- 2-3oz of sliced nitrate-free turkey breast wrapped in lettuce
- **Protein Bars:** Quest Bars, Pure Protein Bars, Rx Bars, KIND Bars (High protein variety) or Think Thin Bars

FRUITS & VEGETABLE SNACKS:

- **Veggie Bags:** sliced cucumber, baby carrots, celery and cherry tomatoes (carry these with you every where to get 1-2 servings of vegetables in throughout the day)
 - **Dips & Spreads for Vegetables:** 100kcal pack of Wholly Guacamole. Individual cup of hummus, 4-6Tbs. of tzatziki or 2Tbs. of favorite dressing
- **Fresh Fruit:** 1 Apple or Pear (sliced or whole), 1-2 clementine, 1 orange, 1 cup of fresh mixed berries, or 1 small banana
 - **Spreads:** Pair fruit with 1-2Tbs. of nut butter (try Justin's individual almond butter packs)
- 4oz of unsweetened apple sauce
- Cucumber Sandwiches: Slice cucumber, spread small of tahini or cream cheese, feta or hummus on one side then place another slice on top
- Organic Freeze-Dried Fruits (*look at packaging for portion recommendations! I like the brand "Nature's All"*)
- Individual Bags of Popcorn (corn is a vegetable 😊) or portion your own Ziploc bags.
 - Try Skinny Pop or Boom-Chica-Pop or regular air popped popcorn

SNACKS WITH HEALTHY FATS:

- ¼ cup of mixed nuts: Almonds, macadamias, walnuts, pecans, cashews, pistachios and Brazil nuts
- ¼ cup of seeds (Try Super Seeds Gourmet Pumpkin Seeds)
- 2Tbs. of Almond or Peanut butter
- ½ avocado (sprinkle with salt and eat with a spoon!)
- ½ cup of BARE Roasted Coconut strips
 - *Combine nuts, seeds and coconut for your own homemade and portion-controlled (¼ cup trail mix!)*

HOMEMADE PROTEIN GRANOLA BARS:

Author: Amanda @ Running with Spoons

Yields: 12 bars

INGREDIENTS:

- 2 cups quick oats
- ½ cup vanilla protein powder
- 2Tbsp. ground flax
- 1tsp ground cinnamon
- ¼ tsp salt
- ¼ cup almond butter (or any nut butter)
- ¼ cup honey
- ½ cup unsweetened vanilla almond milk
- 1tsp vanilla extract
- ½ cup mini chocolate chips

**More Recipes, Resources,
& Nutrition Info at
Rehab2Perform.com/Nutrition**

DIRECTIONS:

- Preheat oven to 350F (175C) and prepare an 8x8 (20x20cm) baking pan by spraying it with cooking spray. Set aside
- In a large mixing bowl, combine oats, protein powder, flax, cinnamon, and salt. Set aside.
- In a medium-sized mixing bowl, combine almond butter, honey, almond milk, and vanilla. Mix until fully combined. Pour wet mix into dry mix and stir until fully incorporated. Fold in chocolate chips.
- Pour into prepared baking pan. Using a spatula or your hands, spread the mixture evenly in the pan, pressing down firmly.
- Bake for 18-20 minutes, until edges begin to turn golden brown.
- Remove from oven and let cool in pan for 20 minutes before cutting into bars.

NUTRITION:

1 Granola Bar= 145kcal, 6.2g of FAT, 19g CARBS, 8.5g SUGAR, 3g FIBER, 5g PROTEIN