83 Snack IDEAS

Cottage Cheese Varieties

1. Cottage cheese (single-serve or 1/2 cup)
2. Cottage cheese with 1/2 cup of berries and cinnamon
3. Cottage cheese with 1/2 cup pineapple
4. Muuna single-serve cottage cheese with fruit on the bottom
5. Cottage cheese with 100 calorie pack of nuts
6. Cottage cheese with chives

Greek Yogurt Varieties

1. Siggi's No Sugar Added Banana Cinnamon Greek yogurt with 1/4 cup almonds
2. Siggi's Almond Butter Greek yogurt
3. Siggi's Dairy Free Greek yogurt
4. Chobani Less Sugar Greek yogurt
5. Chobani Less Sugar Greek yogurt flips
6. Fage Trublend Greek yogurt with 1/2 cup berries
7. Fage 0% Greek yogurt with cinnamon and vanilla
8. Oikos triple zero greek yogurt with 1 Tbsp Lilly's chocolate chips
9. Two Good Greek yogurt with 1/4 cup Nature's Path Grain Free Granola
10. Pillar's drinkable Greek yogurt

Veggies + Dip Varieties

1. Carrots with 2 Tbsp hummus
2. Peppers with single serve wholly guacamole
3. Celery with 1 Tbsp peanut butter
4. Carrots with 1 Tbsp almond butter
5. Cucumbers with 1 laughing cow cheese wedge
6. Cucumbers sliced and topped with cottage cheese
7. Veggies dipped in Plain Greek yogurt mixed with everything bagel seasoning
8. Veggies dipped in salsa
9. Hollowed-out pepper filled with tuna salad
10. Cucumber sliced and topped with 1/4 cup chicken salad
11. Lettuce wrap filled with egg salad (1 egg mashed with light mayo, onion, and celery)

Wasa Cracker Varieties (2 wasa crackers) with:

1. 2 Tbsp hummus and sliced cucumber
2. Wholly guacamolee and sliced peppers/tomato
3. 1 Tbsp PB and 1/4 cup berries heated for 30 seconds and mashed into a jam
4. Greek yogurt and cinnamon
5. 1/4 cup tuna/chicken/egg salad
6. Red sauce and 1 mozzarella cheese stick, heated

Salty Snacks (get single serve whenever possible!)

1. Bada Bean Bada Boom
2. Biena Chickpeas
3. 100 calorie pack nuts
4. Dry roasted edamame
5. Skinny pop popcorn
6. Super Seedz pumpkin seeds
7. Sargento Balance breaks
8. 2 slices deli turkey wrapped around pickle spear
9. P3 pack
10. Salt and vinegar almonds
11. Trader Joe's freeze dried carrots
12. Harvest Snap Peas (measure out 1 serving!)
13. Biena chick pea puffs
14. Trader Joe's kale chips with tahini (1/2 bag is a serving)

Protein bar

1. Health warrior chia bar
2. Built bar
3. Health warrior pumpkin seed bar
4. RX bar
5. Oatmega bar
6. Quest bar
7. Think bar (thin version)
8. Aloha Bar

Protein shake

1. Koia protein shake
2. Premier protein shake
3. Owyn protein shake
4. Protein powder (BiPro, Tera's Whey, Vega Sport, Jullian Bakery) mixed with water/almond milk

Egg Varieties

1. 1-2 hard-boiled eggs with everything bagel seasoning
2. 1-2 eggs scrambled with veggies
3. 1 egg mashed with light mayo

Low-carb pita (eg Joseph's or Trader Joe's) topped with:

1. 2 Tbsp hummus and sliced veggies
2. 1 Tbsp PB
3. Red sauce and 1 mozzarella cheese stick, toasted
4. Wholly guacamole and veggies

Fruit Pairings

1. 1 pear and 1 baby bel cheese
2. 1 small apple and 100-calorie pack cocoa roasted almonds
3. 1 clementine and 1/4 cup cashews
4. 1/2 cup cantaloupe with 2 slices prosciutto
5. 1 fresh fig + 1/2 cup pistachios

Fancy Snacks

1. Chilled shrimp with cocktail sauce
2. Fresh mozzarella (1 oz) with tomato, basil, and balsamic glaze
3. Edamame with lime juice

Sweet Snacks

1. Homemade protein muffin
2. Lilly's chocolate chips melted, dip with 1/2 cup strawberries
3. Yasso Bar
4. Skinny cow ice cream treats
5. 1/2 cup light ice cream
6. Outshine bar
7. 1/2 cup raspberries with lilly's chocolate chips inside
8. Chia pudding (1/2 serving)
9. RX single serve nut butter packets (try vanilla almond or cinnamon PB!)