

# Power Snacks: How to Build a Healthy Snack

## 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

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



Eat good food.  
Move. Rest