

Snack Idea Chart

Carbohydrate

- Rice
- Quinoa
- Other whole grains
- Bread
- Pasta/noodles
- Tortilla/wrap
- Oatmeal
- Granola
- Snack bars
- Cereal
- Crackers
- Pretzels
- Dates
- Fruit juice
- Dried fruit
- Apple
- Banana
- Berries
- Other fruits
- Potatoes
- Sweet potatoes

Protein

- Hummus/bean dip
- Chickpeas
- Black beans
- Lentils
- Tofu
- Tempeh
- Edamame
- Other beans and peas
- Chia pudding
- Nut butter
- Chicken breast
- Tuna/chicken salad
- Lunchmeat
- Jerky
- Fish
- Beef
- Eggs
- Yogurt
- Cottage cheese
- Cheese
- Milk
- Protein powder/protein bars

Fat

- Nuts - almonds, walnuts, pistachios, peanut, pecan
- Seeds - chia, flax, hemp, sesame, pumpkin
- Coconut
- Nut butter
- Whole fat dairy products - yogurt, milk, cheese, butter
- Fish
- Eggs
- Olive oil
- Avocado/guacamole

Snack Ideas

- Nut butter & honey/jelly sandwich
- Tortilla, hummus, guacamole
- Banana or apple, nut butter
- Yogurt, cereal, almonds, berries
- Crackers, tuna salad, walnuts
- Hardboiled egg, toast, avocado
- Granola/oat bites, handful of nuts
- Protein smoothie: protein powder, banana, nut butter, milk of choice
- Homemade trail mix: pretzels, dried fruit, nuts/seeds
- Cold pasta salad: noodles, cooked chicken or tofu, olive oil dressing, cucumber, bell pepper
- Crackers, lunchmeat, cheese or avocado
- Rice, edamame, soy sauce, sesame seeds