

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Snacks

Created by Healthy Free Life



Snacks

Healthy Free Life

Elevate your snacking with our upgraded snack recipes and recommended snack brands. Many packed with protein and nutrients, these snacks are designed to keep you full, satisfied, and free from cravings. From quick bites to more elaborate treats, our snacks are not just about curbing hunger; they're about enhancing your overall eating experience with healthful, delicious options.

SNACKS

Where do snacks fit?

It is not mandatory to include a snack daily, but HIGHLY recommended. After working with thousands of people, we find that most struggle:

- 1) to get enough calories and/or protein in with just 3 meals,
- 2) with hunger between lunch and dinner,
- 3) if they don't snack correctly, they will likely overeat or binge.

So, planning to eat a glorious, protein-rich snack during the afternoon is a good idea.

Got cravings? If you struggle with afternoon cravings and often reach for sugary/carby snacks, schedule your snack 30-60 minutes before your craving time. Otherwise, pick a convenient time in the afternoon not too close to dinner, so that you will still be able to eat dinner.

If you eat breakfast early (i.e., 6a or 7a), you may also/instead benefit from a snack between breakfast and lunch to tie you over to lunchtime.

Ideal Snack Combo: Ideally, every snack will follow this formula.

Clean Protein + Fat + Fiber (veggie or fruit)

At a minimum: Eat protein

Fat usually comes with protein. Or can it be added.

A minimum of 25-40% of calories should be from protein.

Keep total snack calories to approx 200-250 calories.

NOTE: This workbook only includes our High Protein Snack recommendations. If you are not ready for these next-level snack choices, that's ok. Head to our Snack Recipe bundle in the course's recipe section, where you can find other glorious snack ideas and recipes. These may be lower in protein and higher in carbs, but they are a good baby step for those transitioning from high-carb and sugary snacks.

SNACKS

A Naked Smoothie - our favorite snack option

A naked smoothie is protein powder (15-25 grams of protein) mixed in cold water or unsweetened non-dairy milk (8-16 ounces). Blending it in a blender ensures a smooth consistency, but using a shaker cup is another great option, especially on the go.

Our favorite brand for naked smoothies: TRUEFIT. Truefit is a whey protein powder that includes healthy fat (MCT oil) and fiber (9 grams) in one. Whey has been shown to decrease cravings and curb hunger. Students love the chocolate flavor; we enjoy vanilla (and cinnamon churro if it ever comes back in stock.)



*Click to see
Truefit on Amazon.*

Can also be direct
from
RSPNurition.com

You can use different approved protein powders in your naked smoothie. Plant-based protein powders will be more gritty than whey, which is creamier in consistency.

A naked smoothie is not nearly as fun as other snacks. So we like to think of our afternoon naked smoothie as a supplement, like we would consider our vitamins, etc. We do it every afternoon regardless of how our emotions "feel" about it and reap great benefits from it.

Protein-Rich Snacks

SNACKS

PROTEIN Goal 15-30 grams protein (can mix and match to reach goal)	FIBER (optional) Pick one
<p><i>plus</i></p> <ul style="list-style-type: none"> • A Naked Smoothie (15-25 grams) • 1/2 serving regular smoothie (15-20 grams) • Beef Stick (1 stick approx 6-9 grams) • Beef Jerky (1 oz = 15 grams) • Hard Boiled Eggs (1 egg = 7 grams) • Canned Chicken or tuna (1/2 can = 20 grams) • Deli meat (turkey, chicken, ham, roast beef) (1 slice = 1 oz = 4 grams) • Cheese stick (1 stick = 7 grams) • Plain Greek yogurt (3/4 cup = 15 grams) • Plain cottage cheese (3/4 cup = 15 grams) • Protein Bar (approx 15 grams each) Approved brands: <ul style="list-style-type: none"> ◦ <u>Aloha</u> ◦ <u>Orgain</u> ◦ <u>Garden of Life</u> ◦ <u>Atlas (whey version)</u> • Nuts do not give enough protein to qualify as a protein-rich snack. Nuts can be enjoyed on occasion. Limit serving to 1 ounce; select unsalted; healthiest nuts: almonds, walnuts, pecans. Alternative: 1-2 TBSP nut butter <p>*Protein grams are approximate and are brand dependent. Read labels for true measurement.</p>	<p>VEGGIES Unlimited non-starchy veggies cut up. Anything from Column B on the food list. Especially yummy as snacks: carrots, celery, peppers, cucumber, broccoli, cauliflower, zucchini, yellow squash.</p> <p>FRUIT 1 medium piece of fruit. OR 1/2 cup fruit. Preferred lower glycemic fruits are blueberries, strawberries, raspberries, blackberries, apples, pears, citrus fruits, cherries, plums, peaches, nectarines, kiwis.</p>



Protein-Rich SNACKS

EXAMPLE COMBINATIONS

1 scoop Truefit + 10 ounces cold water or unsweetened almond/coconut milk

1 approved protein bar

3/4 cup fat-free, plain Greek yogurt + 1/2 cup berries + 10 almonds/walnuts/pecans + stevia for added sweetness if needed

3/4 cup fat-free, plain Greek yogurt + 1/2 cup berries + 1-2 TBSP sunflower/pumpkin/hemp seeds + stevia for added sweetness if needed

3/4 cup 2% or full-fat, plain Greek yogurt + 1/2 cup berries + stevia for added sweetness if needed

3/4 cup plain cottage cheese (low or full fat) + on top approved cracker + veggies

3/4 cup plain cottage cheese (low or full fat) + fruit

4 ounces (approx 4 standard slices) deli meat (turkey, chicken, ham, roast beef), + cut-up veggies (carrots, celery, etc) + 2 tbsp dressing

4 ounces (approx 4 standard slices) deli meat (turkey, chicken, ham, roast beef), + cut-up veggies (carrots, celery, etc) + 1/2 avocado slices or mashed

2 slices (or 2 ounces) deli turkey + cheese stick + fruit

1/2 can tuna + 1 tbsp mayo or dressing + cut-up veggies (carrots, celery, etc) + approved cracker if needed

1/2 can chicken + 1 tbsp mayo or dressing + cut-up veggies (carrots, celery, etc) + approved cracker if needed

3 hard-boiled eggs + fruit or veggies

2 full hard-boiled eggs + 1 hard-boiled egg white + 1 tbsp mayo (make egg salad!) + veggies + approved cracker if needed

2 slices deli meat + 1 hard-boiled egg + fruit or veggies

1-ounce Beef jerky + orange (or other fruit)

1 Beef stick + 1 cheese stick + 6-8 strawberries (or other fruit)

1 Beef stick + 6-8 strawberries (or other fruit)

1-ounce almonds + 1 small apple (not ideal MR snack, but ok on occasion)

1-2 TBSP almond butter spread on apple slices (not ideal MR snack, but ok on occasion)

Approved cracker: If you can't live without crackers, there are two we would recommend: Mary's Gone Crackers Super Seed Cracker (serving = 6) or Wasa Crisp N Light Cracker (serving = 2)



F R U I T

Best fruit options are high fiber/high water, like blueberries, strawberries, raspberries, blackberries, apples, pears, citrus fruits, cherries, plums, peaches, nectarines, kiwis, dates*. Serving size of fruit is 1/2 cup or one piece of fruit. (*A serving of dates = just 1 date!)

- fruit
 - fruit + small handful of nuts
 - fruit + plain, Greek yogurt (organic ideal)
 - fruit + plain, Greek yogurt + seeds or nuts
 - fruit + 1 square of dark chocolate
 - fruit + almond butter or organic peanut butter (like apples, bananas, etc)
-


C H O C O L A T E

Select a dark chocolate that is 70% or more cocoa or cacao. Ideally, also select chocolate that states it is "organic" and "fair trade."

- 1-2 squares dark chocolate
 - 1 square dark chocolate + small handful nuts
 - 1 square dark chocolate + fruit
 - 1 square dark chocolate + small handful nuts + fruit
-

O T H E R

- 1/2 smoothie (see smoothie formula in 40DFR Lesson 2 workbook or smoothie bundle)
- naked smoothie (1 scoop protein powder + 10 oz liquid- water or non-dairy milk)
- plain, Greek yogurt with drizzle of raw honey or 100% maple syrup
- sprouted bread (Ezekiel bread) + butter, or almond or peanut butter
- sprouted bread (Ezekiel bread) + butter + drizzle of raw honey
- sprouted bread (Ezekiel bread) + almond or peanut butter + drizzle of raw honey
- protein balls (see Snacks recipe bundle in recipe section of the course)
- Nuts. Ideally raw. Plain or seasoned. (Storebought or homemade. Recipe to follow)
- Protein bars. #KatrinaApproved brands: Aloha, Garden of Life, Orgain, Atlas (whey one), RX Bars (although Rx bars are low in protein and higher in date sugar than we'd like)
- www.detoxinista.com snack and dessert recipes



SALTY SNACKS

DIPS & CHIPS RECIPES

DIP OPTIONS

- Hummus (storebought made with olive or avocado oil. Make your own! See Snack recipes.)
- Guacamole (storebought or homemade. See Snack recipes.)
- Ranch dressing (made with olive or avocado oil. Make your own! See Dressing recipes.)
- Tzatziki Sauce
- Babaghanoush
- Salsa

"CHIP" OPTIONS

Cut-up veggies are ideal. However, I am a realist, not a purist, and recognize you may not be ready to give up crackers and chips. Just be sure to **READ LABELS** and **only buy crackers made with olive oil, avocado oil or coconut oil** (hard to find!). Better yet... make your own! I've listed some #KatrinaApproved brands, however, there are many other brands that use good oils and many new brands and varieties are always hitting the market. Read labels!

- Cut-up veggies: celery, carrots, peppers, cucumbers, snap peas, zucchini, cauliflower, broccoli
- Brown rice cakes. Favorite brand: Lundburg, organic ideal
- Tortilla chips. corn, wheat, brown rice. Easy to make your own. See recipes. Favorite store brands: Siete, Jackson's Honest
- Sweet potato chips. Favorite brand: Jackson's Honest, Thrive Market Coconut Oil Sweet Potato Chips
- Potato chips are dangerous! If you must eat them, Boulder Canyon, Thrive Market Coconut Oil Chips, and Jackson's Honest are good brands.
- Crackers. Favorite brands: Mary's Gone Crackers (very hearty), Hu, some Stonewall Kitchen varieties. Make your own! Recipes in Snack Recipe bundle. Organic cheese (ideally raw) ok to do with crackers.



OTHER SALTY SNACKS

- Wrap organic cheese stick(s) with deli slice(s). Select deli meat without nitrites or nitrates. Organic ideal. Many store brands have organic and the Applegate brand is widely available. Look for these deli meats in the prepackaged deli meat section.
- Wrap avocado slices with deli slices.
- Beef jerky. Ideally grass-fed and/or organic.
- Organic celery sticks w/ organic peanut butter. Sprinkle with sea salt if desired.
- Hard-boiled eggs. Season with salt and pepper or everything bagel seasoning. Yum! Select eggs that are pasture-raised and/or organic. Find a local egg farmer!
- Olives... the variety of gourmet ones found in grocery delis
- Avocado toast. Toast a slice of Ezekiel bread and top with 1/2 sliced avocado. Season with salt and pepper or everything bagel seasoning.
- Kale chips (see Snack recipes)
- Roasted chickpeas (see Snack Recipes)
- Nuts. Salted or seasoned. (see Snack Recipes)

Garlic Chili Lime Chips

6 ingredients · 15 minutes · 6 servings



Directions

1. Preheat oven to 415°F (213°C) and line a baking sheet with parchment paper.
2. Combine olive oil, lime juice, chili and garlic powders in a small bowl. Brush one side of each tortilla with olive oil mixture. Season with sea salt and slice tortillas into 1/8's using a pizza cutter. Transfer to the baking sheet and bake for 6 minutes.
3. Remove from oven, let cool and enjoy!

Notes

Serve it With

Your favorite dip, salsa, or guacamole.

Cilantro Lover

Add dried cilantro into the olive oil mixture.

Likes it Spicy

Add cayenne pepper into the olive oil mixture.

Ingredients

6 Brown Rice Tortilla (thawed)

1 **tbsp** Extra Virgin Olive Oil

1 Lime (juiced)

1 **1/2 tsp** Chili Powder

1/2 **tsp** Garlic Powder

1/4 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	174	Sugar	3g
Fat	5g	Protein	3g
Carbs	28g	Sodium	288mg
Fiber	3g		

Honey Cinnamon Chips

3 ingredients · 15 minutes · 4 servings



Directions

1. Preheat oven to 415°F (213°C). Line a baking sheet with parchment paper.
2. Defrost brown rice tortillas if frozen. Place 1/2 tbsp of raw honey into the middle of each tortilla and spread around using a butter knife. Sprinkle each tortilla with cinnamon. Use a pizza cutter to slice into 1/8's. Place on the baking sheet and bake in the oven for 6 minutes (or until crispy).
3. Remove from oven. Let cool. Enjoy!

Notes

Storage

Store in an airtight container at room temperature for up to 5 days.

Ingredients

4 Brown Rice Tortilla

2 tbsps Raw Honey

2 tsps Cinnamon

Nutrition

Amount per serving

Calories	183	Sugar	11g
Fat	3g	Protein	3g
Carbs	37g	Sodium	170mg
Fiber	4g		

Roasted Chickpeas

3 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
3. Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add other dried herbs and spices to taste.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

2 cups Chickpeas (cooked, rinsed)

2 tsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	309	Sugar	8g
Fat	9g	Protein	15g
Carbs	45g	Sodium	12mg
Fiber	12g		

Taco Spiced Chickpeas

4 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
3. Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
4. Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

Serving Size

One serving is approximately 1/2 cup.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

- 2 cups** Chickpeas (cooked)
- 2 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste, optional)
- 2 tsps** Taco Seasoning

Nutrition

Amount per serving

Calories	319	Sugar	8g
Fat	9g	Protein	15g
Carbs	47g	Sodium	267mg
Fiber	13g		

Sweet & Crunchy Chickpeas

5 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
2. Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
3. Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
4. Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
5. Remove from oven. Enjoy hot or cold!

Notes

Serving Size

One serving is equal to about 1/2 cup of roasted chickpeas.

Ingredients

- 2 cups** Chickpeas (cooked, drained and rinsed)
- 1 tbsp** Extra Virgin Olive Oil
- 1 1/2 tbsps** Maple Syrup
- 1 tsp** Nutmeg
- 1 tsp** Cinnamon

Nutrition

Amount per serving

Calories	188	Sugar	9g
Fat	6g	Protein	7g
Carbs	28g	Sodium	7mg
Fiber	7g		

Spiced Walnuts

6 ingredients · 10 minutes · 4 servings



Directions

1. Lay a large piece of wax paper across the counter.
2. Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
3. Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
4. Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

Notes

Extra Spicy

Add extra cayenne pepper.

Ingredients

- 2 **tbps** Raw Honey
- 2 **tbps** Extra Virgin Olive Oil
- 2 **cups** Walnuts
- 1/2 **tsp** Sea Salt
- 1 **tsp** Cumin
- 1/8 **tsp** Cayenne Pepper

Nutrition

Amount per serving

Calories	484	Sugar	10g
Fat	46g	Protein	9g
Carbs	17g	Sodium	297mg
Fiber	4g		

Maple Roasted Almonds

3 ingredients · 10 minutes · 4 servings



Directions

1. Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
2. Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

Ingredients

1 cup Almonds
1 tbsp Maple Syrup
1 tsp Cinnamon

Nutrition

Amount per serving

Calories	222	Sugar	5g
Fat	18g	Protein	8g
Carbs	12g	Sodium	1mg
Fiber	5g		

Tamari Almonds

2 ingredients · 20 minutes · 4 servings



Directions

1. Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
2. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
3. When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8 to 10 minutes, stirring well halfway through.
4. Remove from the oven and let the almonds cool completely. Enjoy!

Notes

Leftovers

Keep in an airtight container for up to a week.

Serving Size

One serving is about 1/4 cup almonds.

More Flavor

Add a pinch of cayenne pepper.

No Almonds

Use another nut.

Ingredients

1 cup Almonds

2 tbsps Tamari

Nutrition

Amount per serving

Calories	212	Sugar	2g
Fat	18g	Protein	9g
Carbs	8g	Sodium	503mg
Fiber	5g		

Roasted Red Pepper Lentil Dip

8 ingredients · 20 minutes · 6 servings



Directions

1. Add the lentils and water to a pot over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
2. Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
3. Serve chilled and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/3 cup of dip.

More Flavor

Add red pepper flakes for a spicier dip.

Serve it With

Veggies, crackers or flatbread.

No Store-Bought Peppers

Roast your own red peppers instead.

Ingredients

1/2 cup Dry Red Lentils (rinsed well)

2 cups Water

4 1/4 ozs Roasted Red Peppers (from the jar)

2 tbsps Lemon Juice

1 1/2 tbsps Extra Virgin Olive Oil

1 tbsp Tahini

1 Garlic (small, minced)

1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	113	Sugar	1g
Fat	5g	Protein	5g
Carbs	13g	Sodium	258mg
Fiber	3g		

Classic Guacamole

9 ingredients · 15 minutes · 5 servings



Directions

1. Scoop the avocado flesh into a medium-sized bowl. Mash the avocado with a fork until you've reached your desired texture.
2. Add the remaining ingredients and fold in everything until well combined. Serve and enjoy!

Notes

Leftovers

Refrigerate leftovers in an airtight container for up to three days.

Serving Size

One serving is roughly 1/4 cup of guacamole.

Additional Toppings

Chilli flakes or cayenne pepper for some heat.

Serve it With

Tortilla chips, on top of tacos, crackers, with vegetables or on top of salad.

Ingredients

- 4 Avocado (pit removed)
- 3 **tbsps** Cilantro (finely chopped)
- 2 Garlic (cloves, minced)
- 1 Jalapeno Pepper (seeds removed, finely chopped)
- 1/4 **cup** Red Onion (chopped)
- 2 Tomato (diced)
- 1 Lime (juiced)
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper

Nutrition

Amount per serving

Calories	273	Sugar	2g
Fat	24g	Protein	4g
Carbs	17g	Sodium	149mg
Fiber	12g		

Homemade Salsa

8 ingredients · 45 minutes · 8 servings



Directions

1. Add all ingredients except salt to a large saucepan and bring to a simmer for 30 minutes.
2. Season with salt to taste. Let cool and transfer to jars. Cover and refrigerate until ready to use.

Notes

Storage

Refrigerate in a mason jar or airtight container up to 5-7 days. Transfer to a freezer-safe container to freeze.

Serving Size

One serving is approximately 1/2 cup.

Make it Spicy

Add finely diced jalapeno.

Serve it With

Tortilla chips, crackers, tacos, burritos, fajitas, etc.

Ingredients

2 cups Diced Tomatoes (canned or fresh)

1 Sweet Onion (medium, diced)

1 Green Bell Pepper (medium, diced)

1 Garlic (clove, minced)

1/2 tsp Cumin

3/4 cup Tomato Paste

2 tbsps Apple Cider Vinegar

1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	50	Sugar	7g
Fat	0g	Protein	2g
Carbs	11g	Sodium	102mg
Fiber	2g		

Easy Black Bean Salsa

9 ingredients · 10 minutes · 4 servings



Directions

1. Add everything to a mixing bowl and stir to combine. Season with additional lime juice or salt and pepper if needed. Enjoy!

Notes

Leftovers

Best enjoyed after refrigerating for an hour or two. Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add green onion, jalapeno, chopped tomatoes, diced avocado, hot sauce, taco seasoning, or cumin.

Serve it With

Corn chips, tacos, burrito bowls, or on top of salads.

Ingredients

1 1/2 cups Black Beans (cooked and rinsed)

1/2 cup Corn (cooked)

1/2 Red Bell Pepper (finely chopped)

1/2 cup Red Onion (finely chopped)

1 Garlic (large clove, minced)

1/2 cup Cilantro (chopped)

2 tbsps Extra Virgin Olive Oil

1 Lime (large, juiced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	179	Sugar	3g
Fat	7g	Protein	7g
Carbs	23g	Sodium	4mg
Fiber	7g		

Mango Salsa

6 ingredients · 10 minutes · 4 servings



Directions

1. Combine all ingredients in a large bowl. Refrigerate until ready to serve. Enjoy!

Notes

Serving Size

One serving equals approximately 1 1/2 cups of mango salsa.

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add paprika, minced garlic and/or sea salt.

Additional Toppings

Top with green onions, grilled tofu, or roasted chickpeas.

Serve it With

Tacos, brown rice tortilla chips or baked plantain chips.

Ingredients

2 Mango (peeled and cubed)

2 cups Corn (cooked)

2 tbsps Red Onion (finely chopped)

1 Red Bell Pepper (finely chopped)

1/2 cup Cilantro (chopped)

1 Lime (juiced)

Nutrition

Amount per serving

Calories	185	Sugar	28g
Fat	2g	Protein	4g
Carbs	44g	Sodium	5mg
Fiber	5g		

Peanut Butter & Banana Sweet Potato Toast

3 ingredients · 10 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side.
3. Place toasted sweet potato on a plate and spread with peanut butter then top with sliced banana. Sprinkle with cinnamon for some extra flavour. Enjoy!

Notes

No Peanut Butter

Use any nut or seed butter.

No Banana

Use any type of fruit like strawberries or mango.

Next Level Deliciousness

Add our Strawberry Chia Jam.

Ingredients

- 1 Sweet Potato (large)
- 1/4 cup All Natural Peanut Butter
- 1 Banana (sliced)

Nutrition

Amount per serving

Calories	301	Sugar	13g
Fat	17g	Protein	9g
Carbs	34g	Sodium	42mg
Fiber	5g		

Creamy Sweet Potato Toast

3 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
2. Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
3. Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

Notes

Leftovers

Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

Additional Toppings

Add hemp seeds, flax seeds, or chia seeds on top.

Ingredients

- 1 Sweet Potato (large)
- 1/4 cup Sunflower Seed Butter
- 2 tbsps Unsweetened Coconut Yogurt

Nutrition

Amount per serving

Calories	260	Sugar	6g
Fat	18g	Protein	7g
Carbs	21g	Sodium	40mg
Fiber	4g		

Sweet Potato Fries with Creamy Salsa

5 ingredients · 30 minutes · 1 serving



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Toss the sweet potato with the oil, salt, and pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
3. In a small bowl, mix together the coconut yogurt and salsa. Plate the fries and serve with the creamy salsa. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat in the oven for best results.

Crispy Fries

For crispier fries, toss the sweet potato with arrowroot flour, tapioca flour, or cornstarch before baking.

More Flavor

Toss the sweet potato fries with other seasonings such as a spice mix, garlic powder, cumin, cinnamon and/or paprika.

Ingredients

1 Sweet Potato (medium, sliced into 1/4-inch strips)

1 1/2 tsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

2 tsps Unsweetened Coconut Yogurt

1 tbsp Salsa

Nutrition

Amount per serving

Calories	190	Sugar	6g
Fat	8g	Protein	2g
Carbs	29g	Sodium	193mg
Fiber	5g		

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	360	Sugar	4g
Fat	24g	Protein	16g
Carbs	22g	Sodium	185mg
Fiber	9g		

Avocado Rice Cake with Everything Bagel Seasoning

3 ingredients · 5 minutes · 1 serving



Directions

1. Mash the avocado with a fork and spread over the rice cake. Sprinkle everything bagel seasoning on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, assemble the rice cake just before serving.

No Plain Rice Cake

Use brown rice cakes or crackers instead.

Ingredients

1/2 Avocado

1 Plain Rice Cake

1/4 tsp Everything Bagel Seasoning

Nutrition

Amount per serving

Calories	196	Sugar	1g
Fat	15g	Protein	3g
Carbs	16g	Sodium	59mg
Fiber	7g		

Turkey & Apple Rice Cakes

6 ingredients · 5 minutes · 1 serving



Directions

1. Layer on the cheese, turkey breast, and sliced apples onto each rice cake. Drizzle with dijon mustard and honey. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is equal to two rice cakes.

Ingredients

1 1/2 ozs Swiss Cheese (sliced)

4 ozs Sliced Turkey Breast

1/4 Apple (sliced)

2 Plain Rice Cake

1 tsp Dijon Mustard

1 tsp Honey

Nutrition

Amount per serving

Calories	403	Sugar	11g
Fat	18g	Protein	30g
Carbs	30g	Sodium	1153mg
Fiber	2g		

Cucumber & Hummus Open Face Sandwich

6 ingredients · 5 minutes · 1 serving



Directions

1. Cut each slice of bread in half and top with hummus, cucumber, green onion, dill, salt, and pepper. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Gluten-Free

Use gluten-free bread.

Additional Toppings

Lemon juice, hot sauce, chili flakes, and/or fresh parsley.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

1 3/4 ozs Sourdough Bread

2 tsps Hummus

1/4 Cucumber (medium, sliced)

1 stalk Green Onion (thinly sliced)

2 tbsps Fresh Dill (chopped)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	163	Sugar	2g
Fat	2g	Protein	6g
Carbs	29g	Sodium	286mg
Fiber	2g		

Turkey & Hummus Rollups

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the hummus on the turkey slices.
2. Place the spinach and bell pepper on top. Wrap tightly into a roll and secure with a toothpick. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately three rolls.

More Flavor

Sprinkle with paprika or chili flakes and a squeeze of lemon juice. Add sliced cucumber and carrot to the roll.

No Spinach

Use arugula or lettuce instead.

Ingredients

1/3 cup Hummus

4 1/4 ozs Sliced Turkey Breast

1 cup Baby Spinach

1/3 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving

Calories	339	Sugar	3g
Fat	19g	Protein	25g
Carbs	18g	Sodium	1457mg
Fiber	6g		

Protein Packed Deviled Eggs

7 ingredients · 20 minutes · 2 servings



Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving

Calories	309	Sugar	2g
Fat	18g	Protein	30g
Carbs	8g	Sodium	352mg
Fiber	4g		

Hummus & Veggies Snack Box

4 ingredients · 5 minutes · 1 serving



Directions

1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 days.

No Hummus

Use guacamole or a ready-made dip instead.

Ingredients

1/2 Red Bell Pepper (sliced)

2 stalks Celery (cut into small stalks)

1/3 cup Blueberries

1/4 cup Hummus

Nutrition

Amount per serving

Calories	201	Sugar	9g
Fat	11g	Protein	6g
Carbs	22g	Sodium	329mg
Fiber	7g		

Turkey Wraps with Almonds, Cucumbers & Blueberries

6 ingredients · 10 minutes · 1 serving



Directions

1. Layer the apple and havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

Notes

No Turkey Breast

Use ham, prosciutto, salami, collard greens or lettuce instead.

Dairy-Free

Use avocado instead of havarti.

Nut-Free

Use pumpkin seeds or sunflower seeds instead.

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

- 1/4 Apple (cored, sliced)
- 1 oz Havarti Cheese (sliced)
- 3 1/2 ozs Sliced Turkey Breast
- 1/2 cup Blueberries
- 1/4 cup Almonds
- 1/2 Cucumber (large, sliced)

Nutrition

Amount per serving

Calories	517	Sugar	17g
Fat	32g	Protein	30g
Carbs	32g	Sodium	1109mg
Fiber	8g		

Carrots, Celery & Olives Snack Box

4 ingredients · 5 minutes · 1 serving



Directions

1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

2 stalks Celery (cut into sticks)

3/4 cup Baby Carrots

1/4 cup Hummus

2 tbsps Pitted Kalamata Olives

Nutrition

Amount per serving

Calories	221	Sugar	7g
Fat	13g	Protein	5g
Carbs	23g	Sodium	546mg
Fiber	8g		

Eggs & Avocado Snack Box

4 ingredients · 15 minutes · 1 serving



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
3. Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.

Ingredients

- 2 Egg
- 1/2 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 2 ozs Cheddar Cheese (cubed)

Nutrition

Amount per serving

Calories	545	Sugar	3g
Fat	43g	Protein	28g
Carbs	15g	Sodium	517mg
Fiber	7g		

Ham & Cheese Rolls with Mini Peppers

4 ingredients · 10 minutes · 2 servings



Directions

1. Wrap the ham around the cheese sticks. Serve alongside the mini peppers and blueberries in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use vegan cheese instead of cheddar cheese.

Ingredients

- 6 ozs Sliced Ham
- 3 ozs Cheddar Cheese (cut into sticks)
- 3 ozs Mini Peppers
- 3/4 cup Blueberries

Nutrition

Amount per serving

Calories	329	Sugar	8g
Fat	19g	Protein	27g
Carbs	13g	Sodium	1161mg
Fiber	2g		

Peanut Butter & Blueberry Frozen Yogurt Bark

4 ingredients · 4 hours 5 minutes · 4 servings



Directions

1. Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
2. Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
3. Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

Notes

Leftovers

Keep frozen in an airtight container or freezer bag for up to one month.

Serving Size

One serving is equal to approximately 1/2 cup.

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

More Flavor

Add chocolate chips or melted chocolate.

No Honey

Use maple syrup instead.

No Blueberries

Use other berries or banana instead.

Ingredients

1 1/2 cups Plain Greek Yogurt

1 tbsp Honey

3 tbsps All Natural Peanut Butter

1/2 cup Blueberries

Nutrition

Amount per serving

Calories	166	Sugar	9g
Fat	8g	Protein	11g
Carbs	14g	Sodium	55mg
Fiber	1g		

Warm Apples with Cinnamon

3 ingredients · 10 minutes · 2 servings



Directions

1. In a pan, melt coconut oil over medium heat.
2. Add apple slices and sauté until soft, about 5 to 8 minutes.
3. Sprinkle cinnamon over top and stir to coat evenly.
4. Divide into bowls and enjoy!

Notes

Serve it With

Our banana ice cream, Paleo Granola or on top of oatmeal.

No Apples

Use pears.

Ingredients

- 1 **tbsp** Coconut Oil
- 2 Apple (cored and sliced)
- 1 **tsp** Cinnamon

Nutrition

Amount per serving

Calories	159	Sugar	19g
Fat	7g	Protein	1g
Carbs	26g	Sodium	2mg
Fiber	5g		