



## Healthy Super Grazing Snack List

Snacks partner carbs with protein, fiber, and/or healthy fats.

### Mixed Snacks

Blueberries in Dairy-free Yogurt  
Cherry Tomatoes with Dairy-free Cheese  
Fruit & Dairy-free Yogurt Smoothie  
Veggie Sticks and Bean Dip  
Vegetables with salsa  
Veggies and Hummus  
Veggies with Guacamole

### Meats/Fish/Eggs

Salmon  
Tuna Fish on Cucumber  
Hard-boiled Egg

### Nuts/Nut Butter

Walnuts, Almonds, Cashews, Pistachios  
Celery or Apple with peanut butter  
Peanut Butter and Banana  
Cashew Butter with Banana

### Beans/Legumes

Chickpeas, Roasted  
Edamame, fresh or cooked  
Lentils  
Peas

### Condiments/Other

Olives  
Plain, Non-GMO Air-popped popcorn  
Dates, Figs, Raisins, Dried  
Cranberries  
Broths/Soups

### Fruits

Cantaloupe  
Peaches, Grilled Peaches  
Apple  
Banana  
Cherries  
Grapefruit  
Orange  
Raspberries  
Strawberries  
Blueberries  
Grapes  
Watermelon  
Lemons  
Avocado  
Pineapple  
Pears  
Limes  
Blackberries  
Clementine  
Mango  
Plum

### Dairy Free "Dairy"

Dairy Free Yogurt  
Dairy Free Cheese

### Vegetables

Tomatoes  
Onions  
Carrots  
Bell Peppers  
Broccoli  
Cucumbers  
Lettuce  
Zucchini  
Celery  
Mushrooms

### Vegetables (cont.)

Corn  
Spinach  
Green Beans  
Cabbage  
Sweet Potatoes  
Cauliflower  
Asparagus  
Roasted Cauliflower Florets  
Kale Chips

### Juice Plus

Juice Plus Bars\*  
Juice Plus Complete shake\*  
Juice Plus Perform Shake\*

### Juice Plus Recipes

Energy Bites by Complete\*  
Pudding by Complete Recipe\*

### LINKS TO BUY

#### Shakes:

<https://debraflannery.juiceplus.com/us/en/shop/products/shakes>

#### Bars:

<https://debraflannery.juiceplus.com/us/en/shop/products/bars>

#### Juice Plus Recipe Book:

[https://drive.google.com/file/d/1NMIjt94lsC4h-G5lnjUF6ZjW04t03v7z/view?usp=share\\_link](https://drive.google.com/file/d/1NMIjt94lsC4h-G5lnjUF6ZjW04t03v7z/view?usp=share_link)