



## Weekly Snack Plan (Mid-Morning & Mid-Afternoon)

### MONDAY

- **Mid-Morning:**  
🍏 Apple slices + 2 tbsp almond butter — (*1 medium apple + 2 tbsp nut butter*)
- **Mid-Afternoon:**  
🥕 Carrot sticks + 3 tbsp hummus — (*1 cup carrots + 3 tbsp hummus*)

### TUESDAY

- **Mid-Morning:**  
🍌 Banana + 10 raw almonds — (*1 banana + small handful almonds*)
- **Mid-Afternoon:**  
🥒 Cucumber slices + 1/2 avocado with lemon + sea salt — (*1/2 large cucumber + 1/2 avocado*)

### WEDNESDAY

- **Mid-Morning:**  
🍓 1 cup mixed berries + 2 tbsp sunflower seeds
- **Mid-Afternoon:**  
🍳 Hard-boiled egg + a few cherry tomatoes — (*1 egg + 1/2 cup cherry tomatoes*)

### THURSDAY

- **Mid-Morning:**  
🍊 Orange + 10 walnuts
- **Mid-Afternoon:**  
🥜 Trail mix (DIY: almonds, pumpkin seeds, raisins) — (*1/4 cup total*)

### FRIDAY

- **Mid-Morning:**  
🥄 Plain Greek yogurt (1/2 cup) + 1 tsp chia seeds + 5-6 blueberries
- **Mid-Afternoon:**  
🌶️ Bell pepper strips + 3 tbsp guacamole



## SATURDAY

- **Mid-Morning:**  
🥝 1 kiwi + 2 tbsp cashews
- **Mid-Afternoon:**  
🥔 Roasted sweet potato cubes (1/2 cup) + drizzle of tahini

## SUNDAY

- **Mid-Morning:**  
🥭 1/2 cup mango + 2 tbsp hemp seeds
  - **Mid-Afternoon:**  
🥜 Roasted chickpeas (seasoned with garlic, paprika, olive oil) — (1/3 cup)
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## Shopping List (1 Person / 7 Days)

### Fruits

- Apples (2–3)
- Bananas (2)
- Mixed berries (1–2 cups)
- Oranges (1–2)
- Kiwi (1)
- Mango (1 small or pre-cut)
- Blueberries (1/2 cup)

### Vegetables

- Carrots (4–5)
- Cucumbers (2)
- Cherry tomatoes (1 pint)
- Bell peppers (2–3)
- Sweet potatoes (2 medium)

### Proteins & Fats

- Almond butter (jar)
- Almonds (1/2 cup)



- Walnuts (1/2 cup)
- Cashews (1/4 cup)
- Sunflower seeds (1/4 cup)
- Pumpkin seeds (1/4 cup)
- Hemp seeds (2–3 tbsp)
- Chia seeds (2–3 tbsp)
- Tahini (small jar)
- Guacamole (store-bought or 2 avocados)
- Hard-boiled eggs (6–8 or boil yourself)
- Greek yogurt (plain, 1 cup)
- Hummus (1 small container)
- Chickpeas (1 can, if roasting)

## Other

- Lemon (1–2)
- Olive oil (for roasting)
- Sea salt, garlic powder, paprika (for seasoning)