

SNACKS

Quick snack ideas that can be made in advance, ready to eat, or even pack in lunches.

Nut butter on celery - can add raisins, cinnamon, sunflower seeds

Green apple with peanut butter

Blueberries, raspberries, strawberries and blackberries

Mixed nuts

Cheese sticks, turkey, beef or deer jerky sticks

Unsweetened applesauce - can add cinnamon

**Carrots, cucumbers, celery, broccoli, cauliflower, cherry tomatoes, peppers
and sprinkle with sea salt and dip in hummus or dip of choice**

Hard boiled eggs

Greek, green, black olives combination

Jar of nut butter - spoonful when for quick pick me up

Tomato, cucumber, onions - diced and drizzled with olive oil and sea salt

**Lunch meat and cheese roll ups - can put in lettuce leaf with
mustard or mayonnaise**

Tuna on celery