

## Nourish Well... Snack Mindfully!

- Apple or pear slices topped with all-natural peanut or almond butter (1Tbsp)
- 1/3 cup dried chick peas (The Good Bean) paired with 1-2 figs or dates
- Homemade tuna or egg salad on celery, nut crackers, or sprouted toast
- KIND or Lara Bar (limit 3/week)...better yet, make your own (*see Julie for recipe!*)
- Plain organic soy or coconut yogurt - *add fresh fruit, stevia or 1tsp honey*
  - Try adding a drop of almond extract, pumpkin, and/or cinnamon and cardamom
- 1 cup shelled Edamame – lightly salted (comes in individual servings!)
- ¼ cup nuts + handful of healthy chip (Beanitos, Rice chip, Blue chips- consider non-GMO & natural)
- ¼ cup raw nuts paired with *2 figs or dates (to calm a sweet tooth!)*
- Carrots, celery, cucumber, or jicama dipped in 2-3 Tbsp. hummus or bean dip
- All natural turkey or home-made egg-salad rolled up in “greens leaf” with avocado
- 1-2oz chunked regular or nut cheese with fruit (ie. Sliced peaches/apple)
- Left over chicken, turkey, or homemade tuna salad wrapped in a mini corn tortilla
  - Add 1-2 Tbsp guacamole for a burst of flavor and healthy fat!
- Home-made fruit smoothie– try 1/2 scoop protein powder(*~10grams protein*), ½ cup frozen fruit +8-10oz \ water (ice as desired) (blend at home and take to go!)

- *Bonus- add spinach or greens +1-2 TBSP. flaxseed, chia, pumpkins seeds, or nuts*
- Leftovers – Try a ½ sweet potato topped with ricotta cheese; salmon on GF crackers; roasted veggies and 2oz lean protein; sliced non-GMO tofu; options are endless☺!
- Julie’s Trail Mix (ask for recipe!)

**Tips for Travel:**

- Try making your own protein bars to go! (see Julie for recipe).
- Bag up your snacks in baggies and toss in purse, briefcase, or carry on.
  - \*Raw nuts, seeds, dried fruit (*figs or dates*), healthy chips
- Pack plain instant oatmeal packets –(*order cup of hot water ...and doctor it up at the coffee bar!*)
- Take along several individual protein powders to make a shake if possible.
- Toss several apples in your suitcase (*lodge them in your running shoes ☺...since you will be “moving” while away.*