

FOOD TUNE-UP SNACK LIST

GRAB AND GO SNACKS! (NO PREP)

- Reusable Snack bags filled with dry roasted/raw nuts, seeds, and dry fruits with no added sugar/preservatives
- Apples
- Bananas
- Oranges and other Citrus
- Grapes
- Cherries
- Fresh figs
- Berries of all types
- Nectarines, peaches, plums
- ½ Avocado with a sprinkling of sea salt
- Frozen grapes/frozen cherries (pitted)
- Brined pickles
- Olives

LOW AND MEDIUM PREP SNACKS

- Unsweetened Applesauce sprinkled with cinnamon and toasted pecans
- Carrot/celery sticks/red pepper strips/sliced radish/sugar snap peas with hummus (check the ingredients or make your own!)
- Ants on a log--Celery sticks filled with smooth or creamy almond/peanut butter and topped with a few raisins
- Pineapple chunks
- Cantaloupe, honeydew, kiwi
- Apples w/almond/peanut butter
- Frozen banana slices
- Frozen banana slices coated with cacao powder (coat before freezing!)
- Sliced tomato with a sprinkle of olive oil, balsamic vinegar, fresh basil, salt and pepper
- 1-2 squares Montezuma Absolute Black Chocolate with Cacao Nibs or Almonds and Sea Salt (at Trader Joes) Pair it with a date if it's too bitter.
- Fresh dates split and stuffed with celery chunks
- Carrot sticks, celery sticks, broccoli, cauliflower, etc. with homemade creamy dressing
- Celery sticks stuffed with tuna/chicken mixed with homemade mayo (Mayo recipe here: https://docs.google.com/document/d/1FAJ_ZOrZMDQIEAp3sEKVGbn1wkQ2gyqo8ZpE3HLCz8Q/edit?usp=sharing NOTE: use the LIGHTEST POSSIBLE OLIVE OIL OR IT WILL TASTE GROSS!!)
- Pomegranate seeds
- Red Bell Pepper halves filled with tuna and pickles, avocado and sliced tomato, hummus and sliced cucumber, bruschetta, etc.
- Broth-based Veggie Soups or veggie purees
- Red bell pepper strips with guacamole
- Leftovers! LOL!
- Herbal Teas (iced or hot)
- Vegetable juice with spices!! (Good for curbing hunger and sugar cravings)