

Here are some of my favorite snacks:

- Protein Shake w/almond butter
- Protein Bar (Low Sugar & Low Fat)
- Sashimi
- Lean meat (turkey, chicken, fish)
- Trail Mix (almonds and cranberries)
- Nuts (almonds, cashews, peanuts, pistachios, walnuts, sunflower seeds, ect.)
- Veggies and Hummus
- 1 Cup boiled Edamame
- 1 Cup yogurt w/ 2Tbsp nuts or granola

Snacks to help beat sugar, salt and carbohydrate cravings:

- Sugar Free Jell-O
- Sugar Free Pudding
- ½ Cup Cottage Cheese with Pineapple
- 1 cup yogurt w/ ½ cup berries or banana
- Sugar Free Apple Sauce
- Whole Grain Pita bread with Hummus
- Smoothie
- Green Apple & 1 TBSP natural peanut butter
- Whole Grain Rice Cakes
- Open Faced PB Sandwich with natural peanut butter and whole fruit jelly
- Sliced cucumber, bell pepper, & carrots with Annie's Natural Balsamic Vinaigrette Dressing