

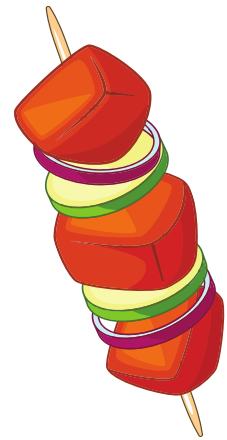
QUICK & HEALTHY Snack Ideas

Build-Your-Own Snack

- Whole grain crackers
- Cheese cubes or string cheese
- Turkey or ham slices
- Grapes, apple slices, or berries
- Baby carrots or cucumber sticks
- Nut butter or hummus for dipping

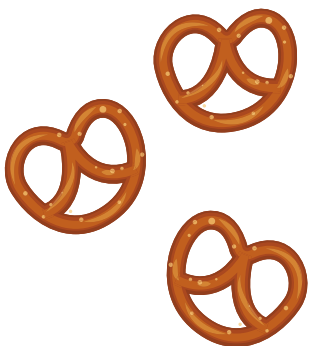
Snack Kabobs

- Cheese cubes, grapes, and turkey cubes
- Strawberries, marshmallows, and bananas
- Cherry tomatoes, mozzarella balls, and cucumbers
- Pineapple chunks and ham slices



Sweet & Savory Bites

- Apple slices with almond butter and a sprinkle of cinnamon
- Dark chocolate chips mixed with almonds and dried cranberries
- Greek yogurt with a drizzle of honey and granola
- Cottage cheese topped with pineapple or peaches



Dippable Snacks

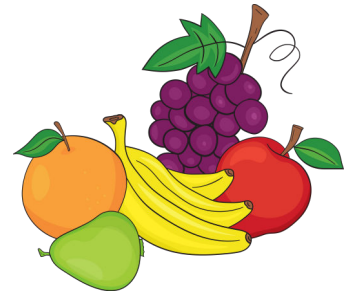
- Baby carrots or sliced bell peppers with hummus
- Whole wheat pita triangles with guacamole
- Sliced apples or celery sticks with peanut butter
- Pretzel sticks with Greek yogurt dip

Healthy Snacks

CHEAT SHEET

Fruits

- Apple slices with peanut butter
- Banana with almond butter
- Grapes and cheese cubes
- Mixed berries (strawberries, blueberries, raspberries)
- Sliced peaches or nectarines
- Cantaloupe or watermelon cubes



Veggies



- Carrot sticks with hummus
- Celery with peanut butter or cream cheese
- Cucumber slices with ranch or yogurt dip
- Bell pepper strips with guacamole
- Cherry tomatoes with mozzarella balls
- Broccoli florets with a yogurt-based dip

Proteins

- Hard-boiled eggs
- String cheese or cheese cubes
- Greek yogurt with honey or fruit
- Cottage cheese with sliced fruit or veggies
- Turkey or chicken roll-ups (deli meat with cheese)
- Nut butter on whole wheat crackers



Snack Explorer

CHECKLIST

FRUITS

- Apple slices
- Applesauce
- Bananas
- Blueberries
- Dried fruit
- Grapes
- Mango slices
- Melon cubes
- Orange segments
- Pear slices
- Pineapple chunks
- Strawberries

PROTEINS

- Cheese cubes
- Chicken nuggets
- Cottage cheese
- Ham & cheese roll-ups
- Hard-boiled egg
- Hummus
- Nut butter (peanut, almond)
- Roasted chickpeas
- Trail mix
- Tuna salad
- Turkey slices
- Yogurt (Greek or regular)

VEGGIES

- Baby carrots
- Bell pepper strips
- Broccoli florets
- Cauliflower bites
- Celery with peanut butter
- Cherry tomatoes
- Cucumber sticks
- Edamame
- Pickle spears
- Snap peas

CRUNCHY

- Granola bars
- Pita chips
- Popcorn
- Pretzels
- Whole grain crackers

DIPS

- Guacamole
- Hummus
- Salsa
- Tzatziki

Loved it! It's okay I'll pass