

21 QUICK & SIMPLE Snacks

Plain Goat or Sheep Yogurt and Berries

Hard Boiled Egg with Sea Salt

Half Green Tipped Banana with Almond, Coconut (Manna) or Sunflower Butter for Dipping

Blueberries with Toasted Coconut and Lime

Left Over Raw or Cooked Veggies and Olive Oil

Sweet Potato Smashed with Coconut Butter, Cinnamon and Sea Salt

Left Over Protein (Fish, Chicken, Steak or Beans) with Mashed Avocado and Sauerkraut to Top

Carrots and Smashed Beans with Garlic and Olive Oil or Store-Bought Hummus

Beef or Turkey Jerky

Can of Tuna, Salmon or Sardines

Apple Slices with Nut Butter

Roast Turkey or Beef with Good Mustard or Smoked Salmon Slices Rolled Around Avocado

Cherry Tomato and Cucumber Skewers

Avocado Tacos – Remove Pit, Fold and Eat Flesh

Piece of Fruit or Fruit Salad

Frozen Banana Half

Nuts or Trail Mix

Spoon of, or, Single Serving Packet of Coconut, Nut or Seed Butter

Olives

High-Quality, Full Fat Yogurt or Coconut Yogurt

Lara Bar (the ones with 3 ingredients or less)