

Clean Eating Snacks



1 BOILED EGG + 1 SMALL
PIECE OF FRUIT



1 CUP OF GRAPES + 1 PIECE
OF STRING CHEESE



3-5 CUPS OF AIR POPPED
POPCORN



1/3 CUP OF MIXED NUTS +
SMALL PIECE OF FRESH
FRUIT



CELERY + 1 TBSP NATURAL
PEANUT BUTTER



1/4 CUP OF PUMPKIN SEEDS
+ 1 PEAR OR ORANGE



1 SMALL PIECE OF DARK
CHOCOLATE + 5
MACADAMIA NUTS



6-8 BABY CARROTS + 3
TBSP OF HUMMUS



1/2 CUP GREEK YOGURT + 1/2
CUP OF BERRIES + 1/4 CUP
OATS



1 SMALL BANANA + 1 TBSP
OF ALMOND BUTTER



1 WHOLE FOOD NUT AND
FRUIT BAR (NO SUGARS
ADDED)



1/2 CUCUMBER SLICED + 1
OUNCE OF CHEDDAR
CHEESE