

REBECCASNOW

Rebecca Snow, MS, LN, CNS, RH(AHG) Herbalist. Nutritionist. Teacher.
www.rebeccasnow.com Office: 443.315.5221 info@rebeccasnow.com

Healthy Snacks

- Hard-boiled egg
- Rice or Ryvita crackers with baba ganoush or veggie spread
- Cut veggies (Peppers, cucumbers, celery, carrots) with hummus
- Chickpeatos or Good Bean (dried chickpeas), or [make your own](#)
- Dang unsw. toasted coconut flakes
- Sea snax, dried seaweed snacks
- Kale chips, Brad's or [make your own](#)
- Plantain chips with pesto
- 1 oz raw unsalted nuts or seeds
- Mary's Gone Crackers brand pretzels
- Unsweetened peanut or almond butter with banana, carrot, celery, apple
- Slice of nitrate free deli meat, roast beef wrapped in lettuce leaf
- Rice cakes with almond, apple or cashew butter
- RAW garden of life protein powder mixed with unsweetened almond milk
- Any fresh fruit or vegetable
- Rx Bar
- Tanka bar
- ½ avocado with squeeze of lime
- Baked tofu, [recipe](#)
- Terra vegetable chips
- 6 oz whole fat, plain yogurt with fruit
- Blue corn tortilla chips (Garden of Eden) w/ salsa
- Half cup of frozen grapes
- 70% or higher dark chocolate, ½-1 oz
- Handful of olives
- Organic string cheese

- Trail mix with dried fruit (no sulfite, no sugar added) and nuts or seeds
- Chia pod
- Organic air popped organic popcorn with olive oil and sea salt, i.e. Good Health or Buddha Bowl
- No meat energy bar [recipe](#)
- Apple slices (1 small apple) sprinkled with cinnamon and a touch of lemon juice