

## Snacking Smart

Sometimes you just need a snack! Maybe you had a small breakfast, and you are hungry before lunch. Perhaps you are hitting the gym after work, and you need some fuel to power through. Whatever the case may be, snack smart. Planning, prepping, and packing snacks ahead of time is a game changer if you want to stay on track with healthy eating and reach your wellness goals!

Balancing your snack with a little bit of carb, protein, and fat, will help control your hunger. Ensuring you make it to your next meal without feeling famished, eating everything in sight.

- 1 slice whole wheat bread and 1 Tbsp peanut butter
- ½ English muffin toasted 1 Tbsp marinara sauce and 1 oz. melted mozzarella cheese
- 1, 6 inch tortilla and 1 oz. turkey breast with lite mayo or mustard
- 3 cups low fat popcorn and 1/3 cup shredded parmesan cheese or 1 string cheese
- 1/3 cup hummus, 1 cup raw vegetables and 6 cubes of cheese
- 6 whole wheat crackers and 1 Tbsp peanut butter or 1 slice low fat cheese
- ¼ cup dry oats made with milk and 4 walnut halves
- 1 small (4oz.) apple or pear and 1 string cheese
- 1 ¼ cup strawberries and ½ cup low fat cottage cheese
- 6 oz. yogurt and 6 almonds
- 1 cup skim milk, 2 celery stalks and 1 Tbsp peanut butter
- 1 small bag pretzels and 1 slice low fat cheese
- 1 slice whole wheat toast and 1 hard-boiled egg
- 1 high fiber granola bar and 1 Tbsp peanut butter

**\* If a product has: 15-20 g Carbohydrate and 7-8 g Protein...you can count it as 1 snack (Certain yogurts, bars, trail mixes, cereals, etc.)**