"Magic" Snack Cheat Sheet

1. ½ cup edamame, 2oz ham slices
2. 2T almond butter, ½ cup celery, optional: sprinkle 1T chia seeds in almond butter
3. 1 slice high fiber toast, ¼-½ cup squash on top of toast, sprinkle 1oz feta or goat cheese, top with favorite herb, eat open face
4. 2oz pulled chicken, ½ cup avocado mixed together
5. 2 slices of quality deli turkey, 1T mayo, ½ cup cucumber & tomato slices. Roll up and eat
6. ½ cup sardines mashed with a fork, 1T mayo, ½ cup celery diced. Mix together and enjoy!
7. ¼ cup black beans, ¼ cup salsa, ½ cup avocado
8. ½ cup raspberries, ½ cup cottage cheese
9. ½ cup high fiber crackers, 2T almond butter
10. 1oz cheddar cheese, ½ pear, 12 almonds
11. ½ cup sweet potato, ¼ cup full fat plain yogurt or sour cream
12. ½ cup squash, 1T butter, 1T ground flax seed sprinkles on top
13. ½ cup roasted chickpeas, with cinnamon
14. 2T cashew butter, ½ banana, ¼ cup dry oatmeal. Mix together and enjoy!
15. ½ apple, 2T almond butter, chia seeds sprinkled on top
16. 1 tomato cut into slices, ½ cup mashed avocado layered on top of tomato slices, 1oz shredded cheese sprinkled as final layer. Broil on baking sheet for a couple minutes.
17. ½ cup hummus, ½ cup celery or carrots, a small handful of high fiber crackers
18. 1 hardboiled egg sliced on crackers or high fiber bread, 1T mayo
19. 2T shredded coconut, ¼ cup dry oats, ½ banana. Mix together and enjoy!
20. 1 pear, 12 almonds
21. ½ cup almond milk, 2T seed mix (chia, hemp, flax), ½ cup berries all mixed in a bowl
22. ½ cup roasted green peas with 2T olive oil
23. quinoa tabbouleh (1/2 cup cooked quinoa, 2T chopped onion, ½ dice tomato, 1-2T olive oil, 1/2T fresh squeezed lemon, 1T feta cheese and mint, salt and pepper to taste)
24. ½ cup cooked whole grain pasta of choice (like brown rice, red lentil or whole wheat), 2T basil pesto, 2oz fresh mozzarella cheese. Mix together and enjoy warm or cold!
25. ½ cup cooked lentils of choice, ¼ cup full fat sour cream
26. ½ cup plain yogurt, ½ cup berries of choice, ground flax seeds mixed in
27. ½ cup homemade trail mix with almonds, cashews, sunflower seeds, Craisins, and some dark chocolate nibs
28. ½ cup bell peppers sliced wrapped in 2oz prosciutto with a side of 5 olives

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Magic Snack Shopping List

Produce

If this sounds like a lot of prep, feel free to buy the pre-sliced packages if available. Not as ideal, but wonderful if trying to save time.

- ☐ 1 small butternut squash
- ☐ 2 avocados
- ☐ 1 medium cucumber
- ☐ 2 small containers raspberries (or buy frozen berries, often cheaper)
- ☐ 2 medium tomatoes
- ☐ 2 pears
- ☐ 1 banana
- ☐ 1 small apple
- ☐ 1 bunch celery
- ☐ 1 medium carrot (optional)
- ☐ 1 bell pepeper
- ☐ 1 small sweet onion
- ☐ 1 lemon
- ☐ 1 medium sweet potato
- ☐ 1 package favorite fresh herb like sage, mint or basil (optional)

Bulk Bins

- ☐ 24 (about ¼ cup or a small handful) raw almonds
- ☐ Trail mix – mix of your choice of nuts with small amounts of optional Crasins and dark chocolage nibs that you can eat in ½ cup servings
- ☐ ½ cup flax seeds (whole or ground)
- ☐ ½ cup hemp seeds (optional)
- ☐ ½ cup chia seeds
- ☐ ½ cup dry oatmeal
- ☐ ¼ cup dry quinoa
- ☐ ¼ cup dry pasta of choice
- ☐ ½ cup dry lentils
- ☐ ¼ cup shredded coconut

Fresh Meat Section

- ☐ 1 chicken breast, ideally free-range and organic

Deli Counter

Ask the deli employee to slice these specific amounts for you or purchase high quality packaged deli meat:

- ☐ 2oz ham slices (2-3 thick slices)
- ☐ 2oz prosciutto slices (or small package)
- ☐ 2oz deli roasted turkey slices (2-3 thick slices)

Dairy & Refrigerated Section

- ☐ 1 pound container organic full fat yogurt or sour cream
- ☐ 1 small stick butter, from grass fed cows
- ☐ 1 small container organic cottage cheese
- ☐ 1 egg (*sometimes you can buy individual eggs if your grocer has local eggs to sell)*
- ☐ 1, 32 oz container unsweetened, plain almond milk (*You will find larger selection of non-dairy milks in the non-refrigerated section in some stores)*
- ☐ 1 small container hummus

You can purchase these by block, sliced or shredded. Packages are labeled in oz:

- ☐ 2oz feta or goat cheese
- ☐ 2oz cheddar cheese
- ☐ 2oz mozzarella cheese

Frozen Section

- ☐ 1 small package green peas
- ☐ 1 small package edamame
- ☐ 1 small package of organic frozen berries (*optional if you didn't get fresh)*

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In the Aisles

- ☐ Small container peanut butter (*minimal ingredients ideally)*
- ☐ *Small container almond butter (minimal ingredients ideally*)
- ☐ 1 package wild caught sardines
- ☐ 1 small can black beans, no salt added
- ☐ 1 small jar salsa of your choice
- ☐ 1 small jar basil pesto
- ☐ 1 small jar olive oil based mayo
- ☐ Small loaf of high fiber bread (4g + fiber/slice)
- ☐ 1 small box high fiber crackers (4g+ fiber/serving)
- ☐ Small bottle of extra virgin olive oil
- ☐ Organic ground cinnamon (Optional)
- ☐ 5 Olives of your choice (*some stores will have an olive bar to select from)*

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