



# 10 Snack Ideas

*Create routine. Listen to hunger. Eat what makes you feel good.*

## Fruity + Refreshing

1. Small apple and 1 tablespoon peanut butter
2. Two clementines and 5-ounces yogurt (< 12g Sugar if Regular, <8g Sugar if Greek)

## Veggie Power

3. One cup baby carrots or pepper slices and 2 Tablespoons Hummus
4. One cup snap peas or broccoli and 2 Tablespoons salad dressing

## Crunchy + Savory

5. Three Triscuit crackers with mini cheese (100 calories)
6. ¼ cup pistachios, cashews, almonds, or, trail mix

## Chewy

7. ¼ cup dried fruit (raisins, apricots)
8. 1 granola bar <150 calories (Aim for >4 grams fiber, <8 grams sugar)

## Chocolate and Sweets

9. One ounce >70% dark chocolate (~100 calories)
10. One small cookie or other favorite treat (~100 calories)

**Ready to feel better and enjoy food? Let's do this!** Mission Nutrition coaching includes nutrition assessments for custom goal setting, plus accountability through your choice of online sessions, mobile tracking, and chat. Contact me for a free 15 minute strategy session! [melissa@missionnutritionboston.com](mailto:melissa@missionnutritionboston.com)