

# Our Favorite Snack Combos



## SALTY & SAVORY

- popcorn
- roasted chickpeas
- veggie chips
- jerky
- hard boiled eggs

## TOASTS

- ricotta + blueberries + honey + lemon zest
- peanut butter + strawberries
- avocado + egg + EBB seasoning
- cottage cheese + peaches + cinnamon
- pesto + mozzarella + egg
- brie + apple + honey
- goat cheese + roasted red pepper + balsamic
- hummus + sauteed mushrooms + sage
- avocado + honey + pistachios
- ricotta + sun-dried tomatoes + olives

## 3-COMPONENT SNACKS

- cheese + crackers + dates
- celery + peanut butter + raisins
- pretzels + dark chocolate + nuts
- rice cake + nut butter + banana
- crackers + tuna + EBB seasoning
- greek yogurt + berries + granola
- cottage cheese + pineapple + honey
- hummus + crackers + mixed veggies
- pita chips + cucumber + tzatziki
- olives + cheese + nuts
- cherry tomatoes + mozzarella + basil
- mango + chili powder + lime

## LIGHT & FRESH

- bell peppers + guacamole
- carrots + hummus
- pineapple + honey
- greek yogurt + berries
- cucumbers + tuna
- edamame
- whole grain chips & salsa

## SWEET

- 70% dark chocolate
- nut butter
- unsweetened apple sauce
- medjool dates

## OUR FAVORITE PACKAGED SNACKS

- Balanced Breaks - *.5 fruit, 1 fat, 1 dairy*
- Starkist Tuna - *.5 protein*
- Chomps Sticks - *2 fat, .5 protein per two sticks*
- Protein Bars
  - Rise - *1 starch, 1 protein, 2 fat*
  - Redd - *2 fat, 1 starch, .5 protein*
  - Go Macro - *2 fat, 1 starch, .5 protein*
  - RX - *2 fat, 1 starch, .5 protein*
  - Belli Welli - *2 fat, 1 starch*
  - 88 Acres - *1 starch, 1 fat*
- Noka Smoothies - *.5 starch, 1 fruit*
- GoGo Squeeze Fruit Pouches - *1 fruit*
- Harvest Snaps - *1 starch, 1 fat*
- RIND Snacks - *1 fruit per serving*
- Yogurt: Chobani, Siggis - *1 dairy*
- Nut Butter
  - Wild Friends, Justins, RX - *2 fat per serving*