



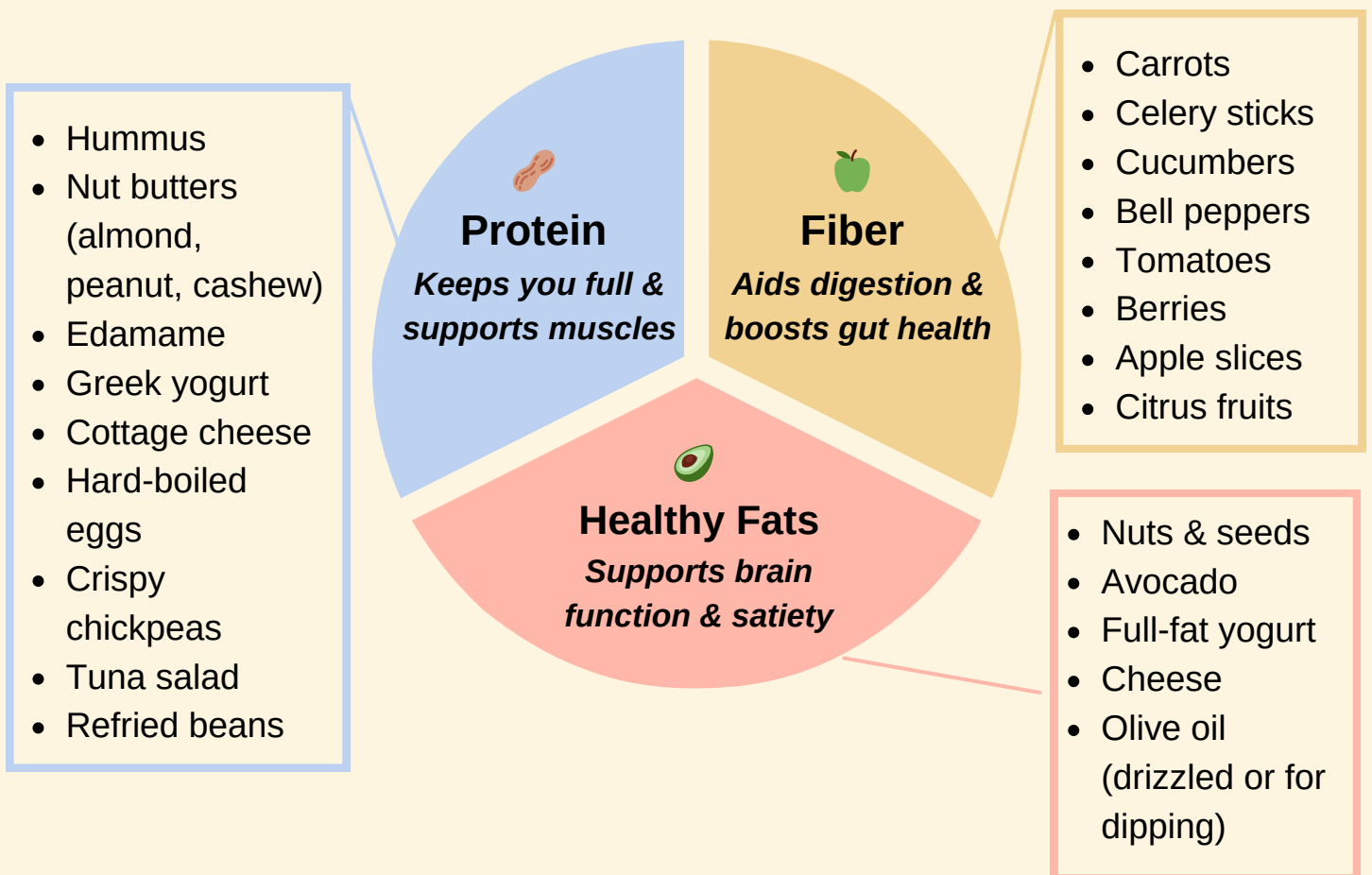
HEALTHY SNACKING

MADE EASY

Snacking isn't just about curbing hunger—it's an opportunity to fuel your body with the right balance of nutrients. A great snack combines Protein, Fiber, and Healthy Fats to keep you full, satisfied, and energized.

Build a Balanced Snack

Snacks should include at least two of these components



Easy Snack Combos

Hummus & Vegetables



Nut Butter & Apple



Hard-boiled Eggs & Berries



Cottage Cheese & Peppers



Avocado Tuna Salad & Cucumber



Crispy Spiced Chickpeas & Carrots



Trail Mix (Nuts & Dried Fruit)



Greek Yogurt & Blueberries

