



WHAT'S IN THE FRIDGE?

Snacks in less than 15 minutes

Cut up veggies: broccoli, celery, cauliflower, bell peppers.

- Buy a variety of vegetables, cut up and put in ziplock bags for easy access.
- Always eat with a healthy fat source like avocados or olive oil.
- Leftover cooked sweet potatoes or yams, cut into slices with smeared coconut oil or coconut butter is delicious!

Coconut flour crackers** topped turkey slices and avocado.

Fresh avocado: sprinkle with lemon and sea salt to enhance flavor.

Canned Wild Caught Salmon or Sardines over a bed of lettuce; always look for bpa-free

Coconut butter right off the spoon!

Leftover Roasted Chicken** with avocado.

Fruit: stick to the lower sugar fruits like berries, nectarine, peaches, plums, grapefruit.

Homemade Coconut Yogurt or **Kefir****

Grass-fed jerky: buffalo, beef, or free-range turkey jerky. EPIC bars and Tanka bars are great brands.

Free-range turkey slices: top with avocado slices, roll up, and enjoy!

Organic olives: try them stuffed with almonds or garlic.

Lettuce wraps: pre-wash individual lettuce leaves so that you can fill them like a sandwich with chicken, turkey, dairy-free pesto, avocado, tomato, etc.

Superfood Smoothie**

Kale Chips**

Sweet Potato Chips**

Easy Avocado Dip** with cut up veggies.

Homemade soup

Healthy Snack Tips

- try to stay away from foods found in a box or bag
- if you do choose to eat a processed food, check the label - make sure there is no added sugar in any form, hydrogenated or partially hydrogenated oils, high fructose corn syrup, or artificial colors or flavorings
- prepare enough food for dinner so there will be leftovers to use for snacks and lunch the following day