



WHAT'S IN THE FRIDGE?

Snacks in less than 15 minutes

Raw, unroasted, unsalted nuts and seeds: almonds, Brazil nuts, walnuts, macadamia nuts, sunflower seeds, pumpkin seeds, chia seeds, sesame seeds, hemp seeds.

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 pesto, nut butter or organic cream cheese.
- Leftover cooked sweet potatoes or yams, cut into slices with smeared nut butter is delicious!

Coconut Flour or Flax 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.

Coconut butter right off the spoon!

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

Nut butters: Try almond butter or deliciously sweet macadamia nut butter and enjoy with celery or on flourless flax crackers. Look for Justin's or Artisana nut butter packets.

Homemade Coconut Yogurt or Kefir**

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

Organic deli slices: top with avocado slices, roll up, and enjoy! Applegate Farms or Neiman's Ranch are good brands.

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**

Raw Tapioca Pudding**

Homemade grain-free granola**: top with organic coconut milk for a yummy treat.

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