



## 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 pesto, olive tapenade, or hummus.
- Leftover cooked sweet potatoes or yams, cut into slices with smeared hummus is delicious!

**Hard boiled eggs:** always buy eggs from healthy, pasture-raised chickens. Boil a half-dozen eggs on Sunday night, aim to eat one a day.

- Egg Salad: diced avocado, diced hardboiled egg, diced tomatoes with a dab of dijon mustard and sea salt.

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

**Grass-fed jerky:** buffalo, beef, or free-range turkey jerky.

**Free-range turkey slices:** smear organic cream cheese and 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\*\*

Raw Tapioca Pudding\*\*

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