



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

Hummus: dip for veggies, use instead of mayonnaise on sandwiches.

Fruit: buy as many different colors and variety of fruit as possible.

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.

Paleo Wraps filled with avocado, black beans, and salsa: and/or hummus.

Nut butters: try almond butter or deliciously sweet macadamia nut butter and enjoy with celery or on flourless flax crackers. Fresh tahini mixed with a small amount of raw honey is wonderful as a dip for veggies or smeared on an apple!

Baked squash or sweet potatoes: add coconut oil and sea salt or butter and cinnamon.

Cacao Coconut Smoothie: combine 2 Tbsp raw tahini or other nut butter, 1 Tbsp raw cacao nibs, 2 Tbsp dried unsweetened coconut, 1 Tbsp raw cacao powder, and 8 oz unsweetened coconut milk. Top with cinnamon.

Lettuce wraps: pre-wash individual lettuce leaves so that you can fill them like a sandwich with colorful veggies, pesto, hummus, avocado, tomato, etc.

Superfood Smoothie: add coconut oil, coconut milk, protein powder, chia gel, berries, etc.

Homemade grain-free granola: if purchasing granola from the store, make sure it has no added sugar or industrial oils and has at least 5 grams of fiber per serving. Top with organic yogurt and raw nuts for extra protein.

Organic olives: try them stuffed with almonds or garlic.

Flourless flax crackers topped with nut butter or avocado slices.

Clean store-bought bars

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