



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!

Organic, plain full fat yogurt topped with raw walnuts, coconut oil and hemp seeds.

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.

Raw cheese slices: first ingredient should be "unpasteurized milk"; goat and sheep milk cheese are preferable choices!

Plantain Chips: dipped in salsa or mashed avocado, topped with nut butter, etc.

Flourless flax crackers topped with raw cheese and avocado slices.

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

Homemade energy bar** (Goji Berry, Chai Spice, Cherry Vanilla, or Coconut Almond)

Clean store-bought bars: Simple Squares, Gather, Thunderbird Energetica, Lara Bars

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.

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

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, cream cheese, pesto, avocado, tomato, raw cheese, etc.

Superfood Smoothie**

Raw Tapioca Pudding**

Homemade grain-free granola:** top with organic full-fat yogurt or kefir and coconut oil for a yummy treat.

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