










Snack Ideas





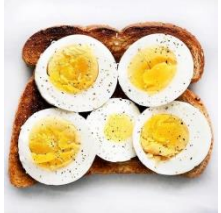


Easy Grab & Go Snacks:

Snack	Image	Portion Size
Pre-portioned hummus (Costco) with Crackers or veggies		1 pre-portioned hummus + 1 cup veggies of choice Or 6-12 crackers
Boom Chicka Pop (Costco, Shoppers, SuperStore)		8 cups
Pre-Portioned Guacamole (Costco) with Crackers or veggies		1 pre-portioned guacamole + 1 cup veggies of choice Or 6-12 crackers
Snapea Crisps (Costco or Safeway)		28g (about 22peices)
Tuna and Crackers (Costco or Safeway)		1 package
Pre-portioned pretzels + hummus		1 package
Jell-O sugar free pudding		1 pudding + ¼ cup nuts of choice

KIND Granola Bars		<p>1 Bar</p> <p><u>Recommend:</u> Breakfast honey oat Breakfast protein bar almond butter Healthy grains peanut butter dark chocolate Healthy grains oats & honey with toasted coconut</p>
Zero sugar original beef jerky + grapes or berries		<p>1-2 handfuls jerky + 1 cup grapes or berries</p>
Home Made Granola Bars		<p>1 Granola Bar</p>
Trail Mix	<p><u>Recommended:</u> Back to Nature Harvest Blend (Walmart) Planters Nut-rition Omega-3 Mix (Walmart) Enjoy Life Seed and Fruit Mix Mountain Mambo (Walmart)</p>	<p>¼ cup</p>
Greek Yogurt	<p><u>Recommended:</u> Skyr Oikos Triple zero Chobani Siggis</p>	<p>1 pre-portioned yogurt or ¾ cup</p>
Carrots & Cucumbers + Dip or hummus	<p><u>Recommended Dips:</u> Greek yogurt Tzaziki Great Value Greek yogurt dip garden vegetable (Walmart) Sabra Greek Yogurt Ranch Dip</p>	<p>1 cup carrots/cucumbers 2 Tbsp dip or hummus</p>
Individualized Cheese & Fruit or Crackers	<p>Recommended individualized Cheeses: 1 Cheese string 2 wedges Laughing Cow 1 Mini Baybel Cheese</p>	<p>Individualized cheese 1 cup fruit Or 6-12 crackers</p>
Veggies & Fruit Trays		<p>1 cup of fruit or 2 cups vegetables</p>
Unsalted Nuts or Spitz with piece of fruit		<p>¼ cup unsalted nuts or Spitz + Piece of fruit (size of fist)</p>
Dark Chocolate + Nuts		<p>2 oz (2-3 small squares) + ¼ cup Nuts</p>

Easy Prepped Snack Ideas:

Snack	Image	Portion Size
Energy Bites		2-3 Energy Bites
Yogurt Parfait (Greek Yogurt, Flax Seeds, Nut Butter, and Frozen Fruit)		1 Parfait
Smoothie		1 cup
Over-night Oats		1 Serving
Chicken Quesadilla		½ Quesadilla
Homemade Muffins		1 Muffin

Rice Cakes with Nut Butter and Banana (or Hummus or Avocado and Cheese)		<p>2 Rice cakes + 1 small banana and 1 Tbsp peanut butter Or 1 Tbsp hummus Or 1 Tbsp avocado and 1oz cheese (1 slice or 2 small cubes the size of dice)</p>
Baked pita chips		<p>½ Pita</p>
Sweet Potato Fries		<p>½ small sweet potato</p>
Baked Vegetable Chips		<p>1 cup</p>
Boiled Eggs & Crackers or Whole Grain Toast		<p>2 eggs + 1 whole grain toast Or 5-6 crackers</p>
½ Peanut Butter and Banana Sandwich		<p>1 slice whole grain toast (cut in half) + 1 Tbsp peanut butter + ½ banana</p>
Apple or Banana or Celery with Nut Butter		<p>1 apple or 1 banana or 1 stalk celery + 1 Tbsp Nut Butter</p>

Serving sizes are only suggestions, increase portion size if needed

Recipes

Whole Wheat Blackberry Oat Bars

Ingredients

- 12 ounces blackberries
- ¼ cup pure maple syrup
- (or sugar free syrup)
- ½ tsp vanilla extract
- ****Bars****
- 1 egg
- ½ cup coconut sugar (can sub for regular brown sugar)
- ½ cup coconut oil, melted and cooled
- 1½ tsp vanilla extract
- 1½ cups white whole wheat flour
- 1 cup old fashioned oats
- 1 tsp baking soda
- ½ tsp cinnamon



Directions:

1. Preheat oven to 350 degrees F and line an 8x8 baking pan with parchment paper. Lightly coat with non-stick cooking spray.
2. Combine blackberries, syrup and vanilla extract in a small pot. Cook over medium heat for ~15 minutes, mashing the blackberries as they cook to help them break down. If the mixture begins to boil, lower heat. Remove from heat and allow to cool for 15 minutes. The mixture should thicken up and start to resemble a jam.
3. In the bowl of an electric mixer, beat egg and coconut sugar for 1-2 minutes. Add coconut oil and vanilla extract and beat again until combined.
4. In a separate bowl, whisk together flour, oats, baking soda and cinnamon. Pour into wet ingredients and mix until combined.
5. Place two thirds of the batter into prepared pan, spreading to the edges and pressing down firmly. Pour blackberry mixture over dough and break remaining oatmeal batter into pieces over fruit.
6. Bake for 30 minutes. Allow to cool for 1 hour before slicing into 9 bars. Enjoy!

Energy Bites

Ingredients

- 1.25 cup dry oatmeal
- ½ cup dark chocolate chips/chunks
- ½ cup peanut butter
- ½ cup ground flaxseed
- 1/3 cup maple syrup
- 1 tsp vanilla extract



Directions:

Mix everything together. Shape mixture into golf size balls and freeze. Makes approximately 14- 15 energy bites.

Strawberry Peanut Butter Smoothie

(Serves 2)

Ingredients

- 4 ice cubes
- 1.5 cups fresh or frozen strawberries (or berries of choice)
- 1 cup Greek yogurt or milk of choice
- 2 tablespoons nut butter of choice



Directions

Put ice cubes into a blender and blend until crushed. Add berries, milk (or yogurt) and nut butter and blend until smooth. Pour into glasses and serve

Yogurt Parfait

Ingredients:

- 1 cup Greek Yogurt
- ¼ cup Nut Butter
- 1 Tbsp flax seeds or chia seeds
- ½ tsp Cinnamon
- 1.5 cups fruit (berries and bananas work best)
- Optional: 1 Tbsp Granola



Directions:

Mix the yogurt, almond butter and flaxseed together and blend until combined and smooth. Set aside. Add a layer of fruit. Repeat this process two more times. Top with a sprinkle of granola for a crunch.

Strawberries and Cream Overnight Oats

Ingredients:

- 1/2 cup old fashioned oats
- 1/2 cup milk
- 1/2 cup strawberries, chopped
- 1/4 cup vanilla yogurt
- 1 tablespoon mini chocolate chips

Directions:

1. Using a 16-ounce mason jar, add oats and milk; layer with desired toppings.
2. Refrigerate overnight; serve cold.



Chicken Quesadilla

Ingredients:

- ¼ cup finely shredded colby Jack cheese
- 2Tbsp shredded cooked chicken
- 2Tbsp salsa
- ½ (6-inch) flour tortilla

Directions:

Coat a medium nonstick skillet with cooking spray.

Over medium heat, cook quesadillas 3 to 4 minutes, turning once. Cut quesadillas in half to serve.



Baked Pita Chips

Ingredients:

- ½ Whole grain pita
- Vegetable oil cooking spray
- 1 tsp garlic powder or spices/herbs of choice

Directions:

1. Preheat the oven to 350 degrees F.
2. Cut pita into equal wedges.
3. Coat both sides of the pita wedges lightly with nonstick vegetable spray and place in a single layer on large rimmed baking sheets; sprinkle with the garlic powder.



4. Bake for 15 minutes, or until golden and crisp.

Apple Muffins

(Serves 12)

Ingredients:

- 12 muffin papers
- 1-1/2 cups raw apple
- 2 eggs
- 1 cup sugar (or splenda)
- 1/2 cup canola oil
- 1/4 cup water
- 1 tablespoon vanilla
- 1-1/2 cups all purpose white flour
- 1 teaspoon baking soda
- 1-1/2 tsp cinnamon



Directions:

1. Preheat oven to 400° F and place muffin papers in muffin pan. Peel and cut apple into small pieces.
2. Beat eggs in a large bowl. Add sugar, oil and water; mix well. Add vanilla.
3. In a separate bowl, combine flour, baking soda and 1 teaspoon cinnamon.
4. Stir flour mixture into egg mixture. Batter will be lumpy. Fold in apple pieces.
5. Fill muffin cups ¾ full. Mix remaining 1/2 teaspoon cinnamon with 1 teaspoon sugar. Sprinkle on top of muffins.
6. Bake for 20 minutes or until lightly browned.

Sweet Potato Fries

Ingredients:

- Cooking spray
- 1 Tbsp cooking oil
- 1/2 small sweet potato
- 1 tsp garlic powder
- Salt & pepper to taste



Directions:

1. Preheat oven to 400 degrees F. Lightly spray baking sheet with cooking spray
2. Cut potato into wedges. Place in bowl; add remaining ingredients and toss to coat.
3. Place on baking sheet for 35 minutes or until potatoes softened.

Baked Veggie Chips

Ingredients:

- 1 cup vegetables of choice
(beets, carrots, zucchini, turnips, kale, brussel sprouts)
- Herbs/spices of choice
(paprika, onion powder, garlic powder, salt/pepper)
- 1 Tbsp olive oil



Directions:

1. Preheat oven to 300°. Line baking sheet with parchment paper, and set aside.
2. Scrub clean vegetables, and then peel, if desired. Slice the vegetables into thin slices.
3. Place the vegetable slices in a large bowl, add in enough oil to lightly coat all slices, and toss to coat. Make sure all sides of each slice are well-coated.
4. Place the chips in one layer on the prepared baking sheets. Sprinkle lightly with the herbs/spices of choice.
5. Place the baking sheets in the oven and bake for 15 minutes. After 15 minutes, rotate the pans. Bake an additional 15 minutes, then rotate again. If needed, bake an additional 5-10 minutes, or until chips are brown and feel slightly crisp. Some chips might crisp up earlier than others—remove those as they finish.

Healthy Meal Guidelines

- Include vegetables, fruits, grains, protein and dairy in your daily meals and snacks
- Limit added sugars, saturated fat, and sodium
- Aim to make half your plate veggies and fruits. Include red, orange and dark green vegetables such as broccoli and tomatoes
- Choose whole grains more often. Look for “100% whole grain” or “100% whole what” on a food label. These grains provide more fiber
- Add lean protein to your meals and try to include seafood twice a week. Limit red and processed meats. For example: deli/luncheon meats such as ham and baloney, bacon, sausage, beef and pork
- Include calcium rich foods such as milk or plant based milk, yogurt, low fat cheese, sesame or chia seeds, almonds, beans/lentils, tofu, dark leafy greens (ex. Collard greens, spinach, kale)
- Make water your drink of choice

Grains	Vegetables (serving size of choice) (Aim for minimum of 1 cup)	Fruit
½ cup Oatmeal, uncooked ½ cup Cream of Wheat 1-2 pieces toast (whole grain, 100% whole wheat, spelt, flax seed, sprouted grain, pumpernickel, sourdough) 2 small whole grain pancakes 1 small homemade muffin 1 6-inch whole grain tortilla ½ -1 Whole wheat bagel 1 Whole grain English muffin ¾ cup Cereal (multigrain cheerios, Kashi GOLEAN, special K protein cereal, shredded whole wheat) 1 cup rice, cooked (brown, basmati, wild rice) 1 small whole grain baked bannock 1 whole grain dinner roll 6-12 whole grain crackers 1 cup whole grain noodles 8 cups air popped popcorn	Tomatoes Mushrooms Broccoli Bell peppers Spinach Zucchini Turnips Peas Carrots Cucumber Celery Cabbage Asparagus Brussel sprouts Cauliflower Green beans Lettuce Beets Canned vegetables, low sodium Frozen vegetables	Apple Orange Banana Nectarine Peach Pear Plum <u>1 cup:</u> Strawberries Blackberries Blueberries Raspberries Cherries Honey dew melon Grapes Mango Pineapple Pomegranate Watermelon Canned fruit in water Frozen fruit ¼ - ½ an Avocado

<p>¼ cup granola 1 cup quinoa, cooked</p> <p>Nuts & Seeds (unsalted) ¼ cup: Almonds Cashews Walnuts Pecans Pistachios Peanuts Brazil nuts Pine nuts Macadamia</p> <p>1-2 Tbsp: Pumpkin seeds Sunflower seeds Hemp seeds Chia seeds Flax seeds Sesame seeds</p> <p>Dairy ¾ cup Greek yogurt 1 cup 1% or 2% milk 1 cup plant based milk (cashew, almond, soy) ½ cup cottage cheese 2 oz hard cheese (cheddar, mozzarella, swiss, parmesan) 1/3 cup shredded cheese</p>	<p>Starchy Vegetables</p> <p><u>1 cup:</u> Potatoes Sweet potatoes Corn Beans Lentils Chickpeas Squash</p> <p>Fat Sources (limit to 2-3 Tbsp. per day)</p> <p>Plant based oils (olive oil, canola oil, sunflower oil) Non-hydrogenated margarine Mayonnaise Salad dressings Dips/spreads Sour cream</p>	<p>Protein</p> <p>2 eggs 1-2 Tbsp peanut butter 1 cup beans 1 cup lentils 1 cup chickpeas 3-4 oz tofu 3-4 oz chicken 3-4 oz 95% lean beef 3-4 oz turkey 3-4 oz game (bison, deer, duck, rabbit, moose) 3-4 oz fish 3 oz seafood (shrimp, crab, scallops, oysters, lobster) 1 can tuna (170g) 1 scoop whey protein</p> <p>(Aim to limit red & processed meats to 2 times per week)</p> <p>2 slices bacon or turkey bacon 1-2 sausages 2 oz deli meat (ham, baloney, salami) 3-4oz steak 3-4oz pork chops 3-4 oz beef</p>
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