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*Guides*

## Healthy Snacks

Ready to break up with the vending machine and snack smarter? Here are 21 healthy snack ideas to get you started.

# HEALTHY SNACK IDEAS

Prep and go



## Hard boiled eggs

Prep ahead for an easy protein packed snack.

*Two hard boiled eggs:*  
256 calories, 13 g protein,  
11 g fat, 1 g carbs



## Avocado toast on Sourdough

Look at the ingredients list - it should be minimal.



## Apple slices with almond butter

Stick to 1 tbsp of almond butter per serving and add a dash of cinnamon if you like!



## Chia pudding with berries

Super filling and packed with omega 3s. Whip up a batch for the week ([recipe here](#)).



## Hummus with carrots

Loaded with plant protein, fiber, and flavor. Buy store brands or [make your own](#).



## Energy balls

Meal prep these on the weekend for easy on-the-go snacks. [This site](#) has a TON of recipes.



## Roasted chickpeas

Simple, easy to prep, and packed with protein. [Here's a good recipe](#) to try. Air fry or oven!



## Coconut yogurt with berries

Filled with live cultures to nourish your gut. Choose one without added sugar.



## Guacamole with cucumber slices

Loaded with healthy fats. Skip the chips (and the carb crash) and dig in with cucumbers instead.



## Egg muffins

Handy, on-to-go snacks that pack a punch of protein. [Here's a recipe](#) to try.



## Celery with peanut butter

An oldie but a goodie. Celery is low in calories and PB is high in protein.



## Smoothies

Make a smoothie for a tasty afternoon pick-me up. This [Simple Spinach Smoothie](#) is a good place to start.



# HEALTHY SNACK IDEAS

*Grab and go*



## Nuts

An easy on-to-go option packed healthy fats and protein. Choose raw or dry roasted varieties and stick to a 1/4 cup serving.



## Jerky

A simple snack for an easy punch of protein. Opt for grass fed no sugar varieties.



## Pumpkin seeds

Rich in magnesium and loaded with fiber and plant protein.  
*1/4 cup serving: 180 calories, 10 grams protein, 16 g fat*



## Seaweed snacks

Low in calories and rich in minerals like iodine, iron, and calcium.



## Edamame

Mineral rich and packed with plant protein.  
*One cup serving: 224 calories, 18 g protein, 14 g carbs*



## Trail mix

Steer clear of mixes with sweets and opt for ones with dried fruit without added sugars. Stick to a 1/4 cup serving.



## Sunflower seeds

Loaded in vitamin E and healthy fats.  
*1/4 cup serving: 207 calories, 6 g protein, 19 g fat, 7 g carbs*



## Kale chips

Air fry or gently roast kale - use your favourite seasoning, cook until its crunchy but not burned!



## Protein bars

Great for post-workout or anytime your blood sugar dips.

