



**THE ULTIMATE
HEALTHY
SNACK GUIDE**

**BY:
ILANA MUHLSTEIN**

What is the Purpose of a Snack?

The purpose of a snack is to keep you satisfied between meals, with just enough food to sustain your energy and prevent you from getting too hungry that you overeat at the following meal, but not too much food that would spoil your appetite for a real meal.

What constitutes as a Snack?

A snack should be about:

- 90-200 Calories.
- Contain at least 5 g of Fiber or Protein, but ideally both, for optimal fullness.
- Not contain added sugars, artificial colors or dyes, or high fructose corn syrup.
- Should always be accompanied by lots of water.
- Should ideally be accompanied by vegetables.

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- Before eating, always, always go for WATER FIRST!!!
- Keep these healthy snacks at eye level for you, but especially for your children, to encourage healthier choices.
- Keep the junkier foods in opaque containers, and on very high shelves (or not in the house at all) to demonstrate “out of sight, out of mind”.
- Stay mindful. Often a snack gets treated more casually than a meal and doesn't get the full respect it deserves. Try to sit and pay attention to your snack at a table, as you would a meal, rather than eating it while standing, driving or watching TV, which can all lead to overeating.

NUTRITIOUS NOTES



- Think of a snack as a noun, not a verb. The verb “snacking” usually gets people into a mindless state of overeating and clearing their pantries rather than taking the same amount of time to prepare a proper healthy meal.
- It is always worth paying a little bit more for portion-controlled packs of snacks as recommended in the grocery list. Value sizes are not always valuable to you.
- Most items on this list are Kosher Certified and Gluten Free as well, but please always read labels for your specific allergen and dietary needs

NUTRITIOUS NOTES



FOR THE REFRIGERATOR

- Snackable Vegetables
- Dips for Vegetables
- Quick and Easy Proteins
- Snackable Fruits
- Calorie-free Refreshing Beverages

FOR THE PANTRY BARS FOR THE CAR FOR THE FREEZER

Shopping Key:

MGS = Most Major Grocery Stores

WF = Whole Foods & Specialty Markets

A = Amazon

T = Target



GROCERY LIST

FOR A
HEALTHY
WEIGHT LOSS

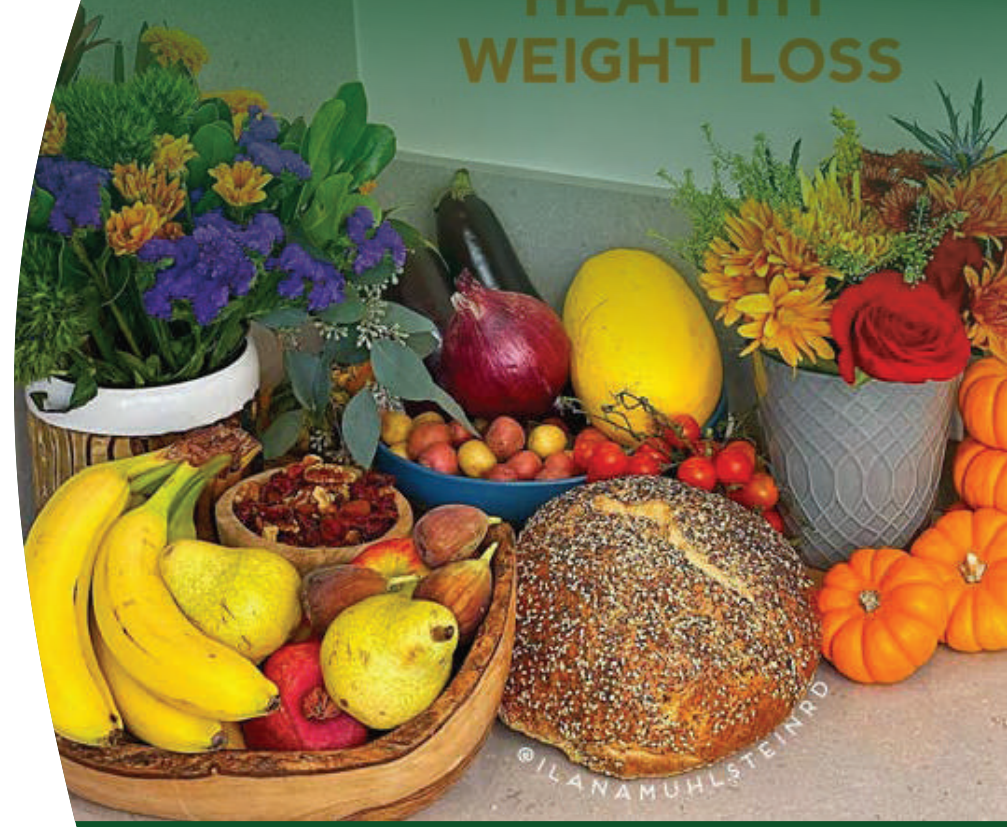


FOR THE REFRIGERATOR

- **Snackable Vegetables *MGS**

- aka vegetables that don't require cleaning, peeling, cutting, etc.
- › Cherry tomatoes, especially the yellow ones
- › Baby carrots
- › Persian cucumbers
- › Mini bell peppers
- › Endives
- › Sugar snap peas
- › Radishes
- › Pickles

GROCERY LIST FOR A HEALTHY WEIGHT LOSS

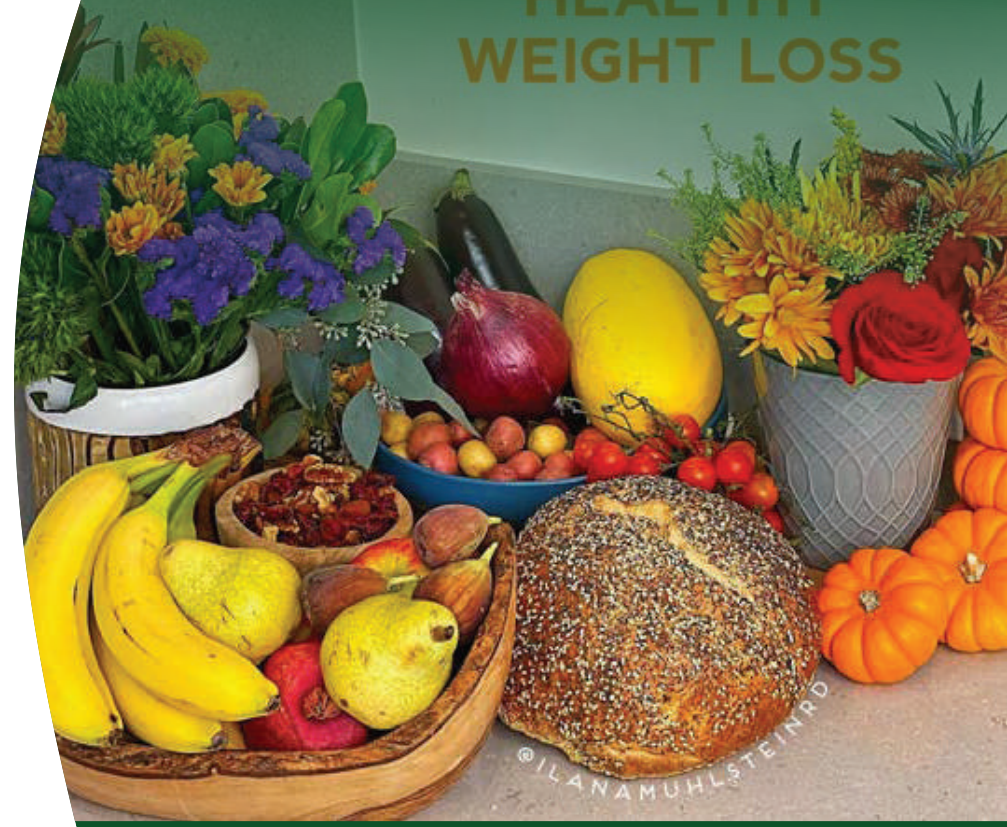


FOR THE REFRIGERATOR

- Dips for Vegetables *MGS
 - Wholly Guacamole 100 calorie packs
 - Light dressing cups
 - 100 calorie packs of hummus
 - Light salad dressings like
 - › Newman's Own Sesame Ginger dressing
 - › Galleo's
 - › Bolthouse Farms Yogurt dressings
 - Mild Salsa
- Quick and Easy Proteins *MGS
 - Hard boiled eggs
 - Greek yogurt cups with 100-150 calories
 - › 10g+ protein
 - Light string cheese
 - White turkey slices, low sodium if possible
 - Snack size cottage cheese packs
 - › approximately 90 calories and 10g protein

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GROCERY LIST FOR A HEALTHY WEIGHT LOSS



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FOR THE REFRIGERATOR

- Snackable Fruits *MGS

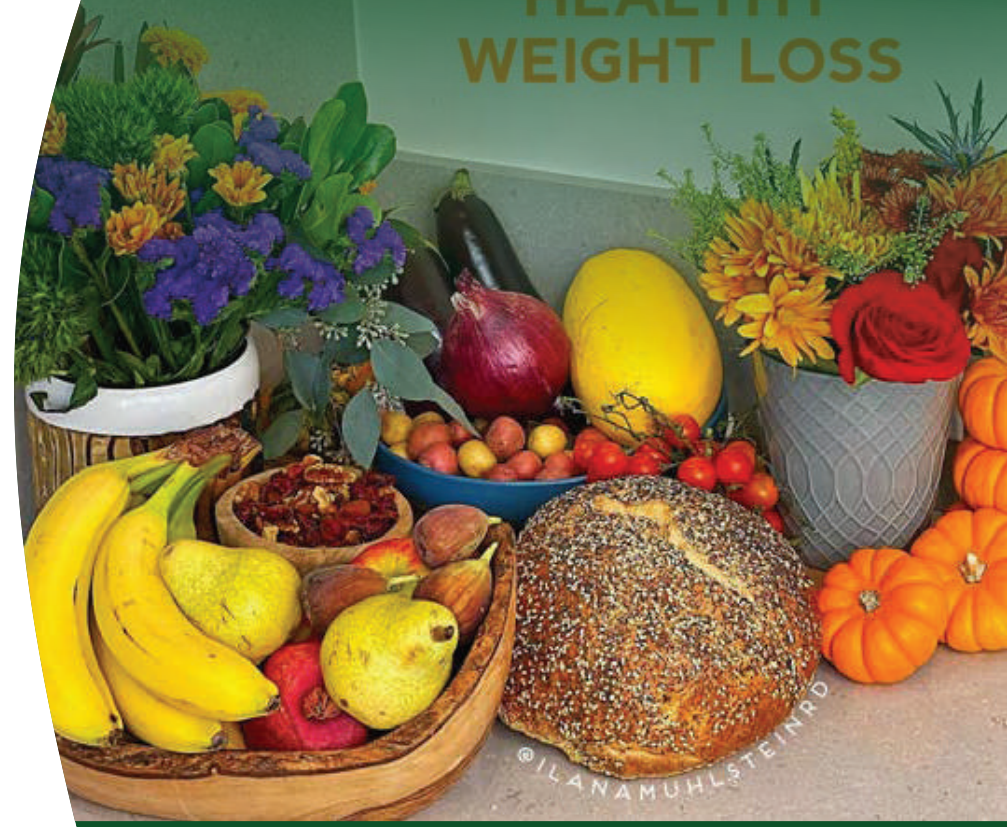
- aka fruits that don't require cleaning, peeling, cutting, etc.

- › Apples
- › Plums
- › Pears
- › Grapes
- › Strawberries
- › Blackberries
- › Raspberries
- › Peaches, etc.

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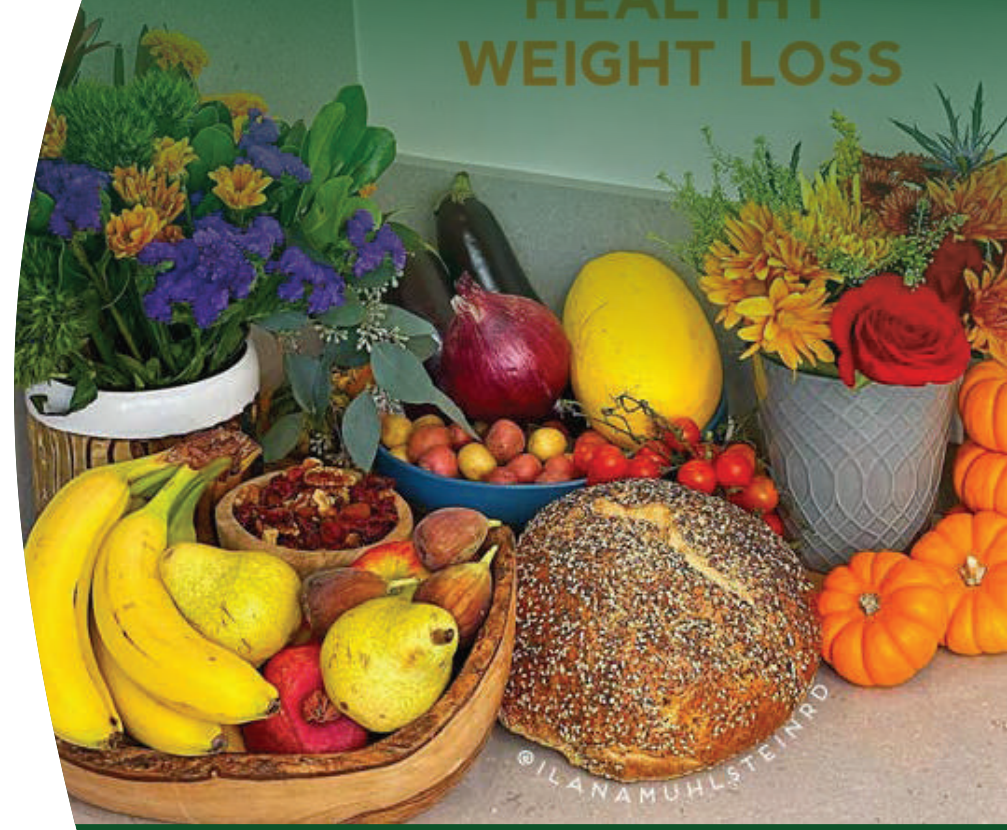


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FOR THE REFRIGERATOR

- Calorie- Free Refreshing Beverages
 - Jazzed up water pitcher with lemon and/or mint and/or strawberries
 - Unsweetened, decaffeinated iced tea
 - Low calorie drinks and water enhancers like Bai 5, Hint, Stur, or Sweet Leaf water drops.
 - *MGS, A, T
- La croix, zevia, Perrier, arrow head, and other 0 calorie, all natural sparkling waters

GROCERY LIST FOR A HEALTHY WEIGHT LOSS



FOR THE PANTRY

- PB2 Chocolate Peanut Butter Powder *MGS, A, WF
- Starkist Creations Tuna Packs *MGS, A
- Epic maple salmon jerky or other jerkys *A
- Hearts of Palm *MGS
- Artichokes Hearts
- 100 calorie packs of almonds (14 almonds) or pistachios (25 pistachios) *MGS, A
- Organic unsweetened apple sauce cups, 2g+ fiber, less than 12 g sugar *MGS, WF, TJ
- Edazen Crunch-a-mame packs *WF, A
- Mamma Chia, chia squeeze packs *MGS, A
- 100 calorie bags of Skinny Pop popcorn *MGS, A, T

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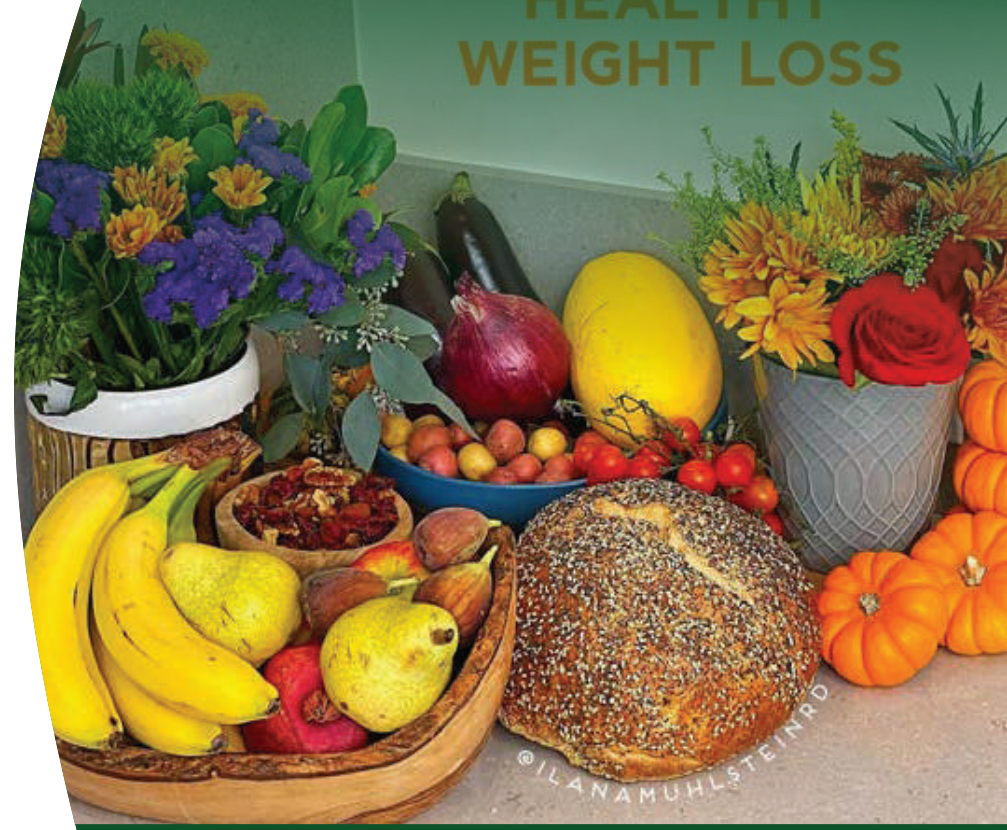
FOR THE PANTRY

- Seaweed snacks *MGS, TJ, WF
- Freeze dried fruit, nothing added
 - (this is not dried fruit!.. freeze dried fruit is crispier, lower in calories and sugar, and higher in volume than dried fruit) *MGS, TJ
- So Delicious Vanilla Almond Milks 5x Protein, Individual Packs (70 calories, 5g protein) *A, WF
- Variety of teas *MGS
- Enlightened Broad Beans *A, WF
- Love Grown Foods Power O's Cereal (portion into 1 cup serving baggies) *WF, A
- Wasa Crisp n Light 7 Grain Crackers



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FOR THE PANTRY

- Simply Protein Chips *A
- Quest chips *A
- Siren Snacks *A
- Doctor in the Kitchen Flackers Flax Seed Crackers *A, WF
- Olives individual packs of olives *MGS, A
- Nut butter packs like the kind by Justins and Wild Friends Chocolate and Vanilla Protein+ Peanut Butter
- Julian's Bakery ProGranola *A
- La Tortilla Carb Cutting Sonoma Wraps (60 calorie wraps) *MGS, TJ



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BARS FOR THE CAR:

- Beach bar
- Health Warrior Chia Protein Bar *A, WF
- Evo Hemp Cashew Cacao Bar *A
- Think Thin Lean Bars *MGS, A, T, WF
- Zing Bars Double Nut Brownie *A, WF
- Juno Bar Apple Crisp *A

GROCERY LIST

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FOR THE FREEZER:

- Frozen fruit that can be sucked on like candy
*MGS, TJ
 - i.e. Frozen grapes, Pineapple chunks, Cherries, etc.
- Garden Light Vegetable Soufflés *MGS
- Froozer or Good Pop popsicles *MGS, WF
- Arctic Zero 150 calorie or Halo Top dairy free
- Ice Cream Pints *MGS, WF
- Halo top 50-60 calorie pops *WF
- Vitalicious Vitacakes and Vitatops *MGS, T, A
- Dole Dippers
 - chocolate covered strawberries and
- Absolutely Gluten Free Cauliflower Crust Pizzas
*A

GROCERY LIST FOR A HEALTHY WEIGHT LOSS



COFFEE AND CAKE

- Make a coffee with a 1/2 cup 5x protein vanilla almond milk and a pack of stevia. Enjoy with a Vitalicious vitamuffin.

DECONSTRUCTED PB & J

- Mix 4 tablespoons of PB2 Chocolate with 2 tablespoons of water and mix until smooth. Add in 1/2 cup of chopped strawberries. Eat with a spoon or mix with 4 oz. plain, nonfat Greek yogurt.

SMOOTHIEJ

- 1 bottle of Bai 5 (any flavor) with 1/2 banana, 3 ice cubes, a handful of spinach, and a 100-calorie vanilla Greek yogurt

SNACK RECIPES



CELERY STICKS AND WILD FRIENDS PROTEIN+ PEANUT BUTTER

GUACAMOLE DEVILED EGGS

- Slice 2 hard boiled eggs in half. Discard the yolks and fill each egg half with a 1/4 of a 100-calorie pack of guacamole. Add red chili flakes if desired.

ICE CREAM AND A CHAI TEA LATTE

- Make a hot chai, pumpkin spice or ginger spice tea. Add a splash of unsweetened vanilla almond milk. Dip an Enlightened or Yasso ice cream bar into the tea and enjoy together.

SMALL BOWL OF CEREAL

- 3/4 cup of Power O's with 1 cup of unsweetened
- vanilla almond milk and 1/3 cup of blackberries.

COTTAGE CHEESE AND FROZEN FRUIT

- Top 1/2 cup of low fat cottage cheese with 1/2 cup of cut up frozen pineapple or mango

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**PERSIAN CUCUMBERS AND CHERRY TOMATOES
DIPPED IN A LIGHT DRESSING, WITH A STRING
CHEESE**

**10 BABY CARROTS AND 4 TABLESPOONS OF
HUMMUS**

**2 CUPS OF SUGAR SNAP PEAS AND A
100-CALORIE PACK OF RANCH DRESSING**

**4 SLICES OF TURKEY WRAPPED AROUND 4
HEARTS OF PALM OR BELL PEPPER SLICES,
DIPPED IN MUSTARD**

**1/2 OF A GARDEN LIGHT BUTTERNUT SQUASH
SOUFFLÉ TOPPED WITH ~100 CALORIE GREEK
YOGURT CUP AND A SPRINKLE OF CINNAMON**

**MIX A STARKIST TUNA POUCH WITH 2-4
TABLESPOONS OF SALSA. FILL INTO ENDIVE
LEAVES.**



SNACK RECIPES



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TORTILLA PIZZA:

- Top a Sonoma Wrap (or <70 calorie wrap) with 2-4 tablespoons of marinara or salsa, a handful of spinach leaves, and chop up 1 light string cheese to sprinkle on top. Bake in an oven, toaster oven or microwave until cheese is melted.

SNACK RECIPES

