



# SNACK CHEAT SHEET

For planning your week ahead, try picking 2 and batch prepping 10 so that you have healthy snacks at the ready when you need them.

- Carrot sticks & Houmous
- Cucumber, cheese & Crackers
- Yoghurt & blueberries
- Peanut butter & sliced banana on rice cakes
- Boiled Egg & sliced pear
- Grapes & almonds
- Dried trail mix
- Mixed fruit & nuts
- Annie's Energy Balls
- Oranges segments dipped in Dark Chocolate
- Biltong
- Olives & feta cubes
- Apple & Peanut butter
- Cottage cheese on rye bread
- Chia seed pudding
- Smoothie
- Protein shake
- Protein bar
- Kale crisps
- Veggie mini frittatas
- Fruit salad / fruit skewers
- Plain popcorn
- Roasted chickpeas
- Chickpea cookie dough
- Sliced peppers and houmous





# HIGH PROTEIN SNACKS

For planning your week ahead, try picking 2 and batch prepping 10 so that you have healthy snacks at the ready when you need them.

- Boiled Eggs
- Cottage cheese
- Biltong
- Peanut butter & celery sticks
- Boiled Egg & sliced pear
- Beef Jerkey
- Salami and houmous
- Roasted chickpeas
- Protein balls - see app for recipes
- Protein bar
- Protein shake
- Edamame beans
- Apple & Peanut butter
- Cottage cheese on rye bread
- Chia seed pudding
- Smoked salmon and veggies
- Savoury egg muffins
- Chickpea cookie dough
- Greek yoghurt
- Veggie mini frittatas
- Marinated prawns
- Plain popcorn
- Ham and cheddar roll ups
- Soy milk
- Mozzarella slices