

HEALTHY AND SIMPLE SNACKS & APPS





HEALTHY SNACKS & APPETIZERS



HERE'S YOUR GUIDE TO HEALTHY SNACKING!

I created this ebook to help you reach your goals without feeling deprived.

It's packed with tips and recipes that will help you stay on-track while feeling energized and satisfied.

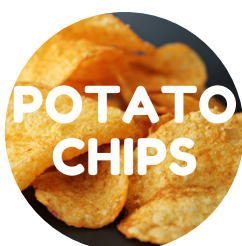
You'll love the easy to follow portion control guide, along with the tips for swapping snacks and easy grab-and-go selections.

I've also included a dozen recipes that will help you beat cravings and find new favorites!

TASTY SNACK SWAPS

Cravings happen! With a little planning you can head them off with smart swaps that will satisfy your tastebuds AND keep you on-track.

Here are some tips for making your own snack swaps.



✓ Keep your swap in the same taste family (salty, sweet, savory, etc.)

✓ The same goes for textures: creamy, crunchy, chewy

✓ It should contain fewer calories

✓ Make sure it has more good-for-you nutrients



✓ Whole foods > boxed/canned/bagged foods

✓ Foods lower in added fat have fewer calories



✓ Your swap should have plenty of fiber and/or protein to keep you feeling full

✓ Check that it's low in added sugar



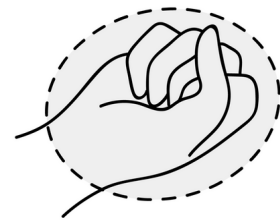
PORTION PATROL GUIDE

EVEN CALORIES FROM THE HEALTHIEST FOODS CAN ADD UP FAST. HERE'S YOUR GUIDE TO PROPER SERVING SIZES

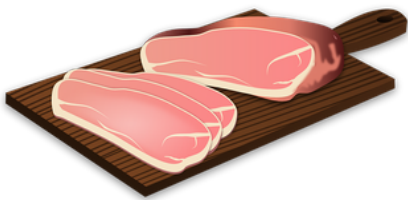
FRUIT



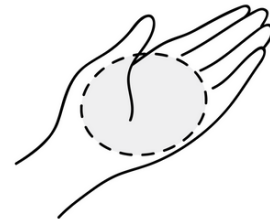
Fistful = 1 cup



MEAT + FISH



Palm = 3 to 4 oz.



NUTS + SEEDS



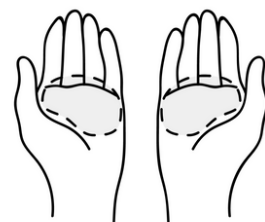
Handful = ¼ cup



VEGETABLES



2 big handfuls = 2 cups



OILS+ NUT BUTTER



Thumb = 1 oz.



QUICK
**LOW-CAL,
HIGH-
ENERGY
SNACKS**



12 snacks under 100 calories

- | | |
|---|--|
| 01 ½ cup edamame | 07 14 almonds |
| 02 24 pistachios | 08 8 baby carrots + 2 tbsp hummus |
| 03 1 tbsp. nut butter + 2 celery stalks | 09 1 banana |
| 04 1 cup blueberries | 10 ½ cup pumpkin seeds |
| 05 1 hard-boiled egg | 11 Apple with almond butter |
| 06 Bell Pepper with Guacamole | 12 ½ Lara or Kind bar (or other whole foods bar) |



COTTAGE CHEESE CHOCOLATE PEANUT BUTTER ICE CREAM

makes 2 servings

INGREDIENTS

- 1 cup reduced fat cottage cheese
- 1 banana
- 2 tbsp peanut butter (or any nut butter)
- 1 tbsp unsweetened cocoa powder
- 1 tbsp maple syrup

DIRECTIONS

- Combine all ingredients in blender until smooth
- Pour into two containers for two portions.
- Freeze for a minimum of one hour, remove from the freezer to soften before scooping.

Apple Slices with Peanut Butter Yogurt

makes 1 servings

INGREDIENTS

- 3/4 cup Plain Greek Yogurt
- 2 tbsp All Natural Peanut Butter or Sun Butter
- 1 Apple sliced

DIRECTIONS

- In a bowl, combine the yogurt with the peanut butter and mix well.
- Serve with apple slices !

ROASTED CHICKEPEAS

makes 2 servings

INGREDIENTS

- 2 cups chickpeas (cooked, rinsed)
- 2 tsp Extra Virgin Olive oil
- Sea Salt & Black Pepper

DIRECTIONS

- Preheat the oven to 400 F (204 C) and line a baking sheet with parchment paper
- Pat the chickpeas dry with paper towel and transfer to a prepared baking sheet. Drizzle with olive oil and season with salt and pepper to taste. Mix until chickpeas are evenly coated.
- Bake in the oven for 25 to 28 min, tossing halfway through or until the chickpeas reached desired crispiness. Season with additional salt and ppper if needed. Let cool slighly and enjoy!

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SWEET POTATO CHIPS & GUACAMOLE

makes 2 servings

INGREDIENTS

- 1 large sweet potato
- 1 tbsp grass-fed butter melted
- 1 tsp pink Himalayan salt
- 1 ripe avocado
- ½ tbsp lemon juice
- ½ clove crushed garlic
- Dash of pink Himalayan salt

DIRECTIONS

- Preheat oven to 400° F/200° C. Slice the sweet potato into ¼-inch rounds and toss with the melted butter. Place on a parchment paper-lined baking sheet.
- Roast in the oven for 30-35 minutes, until crispy and golden. Remove and let cool slightly.
- Prepare guacamole by mashing remaining ingredients together in a bowl, using a fork. Taste to adjust seasonings. Place in refrigerator until sweet potato is cooked.
- Serve and enjoy!

PEANUT BUTTER ENERGY BALLS

makes 12 balls

INGREDIENTS

- 1/2 cup creamy peanut butter (or sunbutter)
- 1/2 cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax
- 2 Tbps honey

DIRECTIONS

- Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.
- Roll into 12 bites and store in the fridge for up to a week.
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KALE & ZUCCHINI MINI EGG BITES

Makes about 6 muffins

INGREDIENTS

- 6 eggs
- 1 small zucchini, grated
- 100g feta, crumbled
- 3 tbsp parmesan, grated
- Fresh or frozen parsley
- Black pepper & salt
- Fresh or frozen parsley

DIRECTIONS

- PREHEAT THE OVEN TO 190°C OR 375°F.
- BREAK THE EGGS INTO A MIXING BOWL AND BEAT WITH A HAND WHISKER, ADD THE GRATED ZUCCHINI, CRUMBLED FETA, PARMESAN, AND PARSLEY. ADD SALT & PEPPER TO TASTE. MIX WELL.
- FILL THE MUFFIN TRAY OR CUPS UP TO 1 CM FROM THE RIM.
- BAKE FOR ABOUT 20 MINUTES OR UNTIL BROWN ON TOP.

ROASTED CAULIFLOWER HUMMUS

makes 6 servings

INGREDIENTS

- 3 cups (320g) cauliflower florets, chopped
- 2 tbsp olive oil
- ½ tsp pink Himalayan salt
- 4 garlic cloves, minced
- 1.5 tbsp tahini paste
- Juice from ½ lemon
- 3 tbsp olive oil
- ¾ tsp pink Himalayan salt
- Optional: smoked paprika and extra olive oil for serving

DIRECTIONS

- Preheat your oven 400° F/200° C. In a bowl, toss the cauliflower with the olive oil and salt. Place on a sheet pan and roast in the oven for about 20 minutes, until florets start to brown and caramelize.
- Place the cauliflower in a high-speed blender or food processor and add remaining ingredients. Blend until smooth (you might have to scrape down sides occasionally).
- Taste and adjust the seasonings. Place in bowl and drizzle with optional oil/paprika. Serve with veggies, fruit, almond crackers, etc.

GREEK YOGURT CHOCOLATE MOUSSE

makes 2 servings

INGREDIENTS

- 2/3 cup dark chocolate chips
- 1 1/2 cups plain Greek yogurt (I used 1%)
- 2 Tbsp cacao or cocoa powder
- Pinch salt

DIRECTIONS

• Microwave chocolate chips in 30-second intervals, stirring between each, until melted. Let cool to room temperature.

Combine Greek yogurt, melted chocolate, cacao powder, and salt in a food processor and blend until well combined. Do not overmix or it can become watery. Note: If you don't have a food processor, a stand mixer or hand mixer will work!

Serve as is or refrigerate up to 5 days. When ready to eat, top with walnuts, a dollop of Greek yogurt or whipped cream, and fresh fruit like raspberries or strawberries.

Enjoy!

HIGH PROTEIN OVERNIGHT OATS

makes 2 servings

INGREDIENTS

- 10-12oz yogurt
- 2/3 cup gluten free old fashioned oats, purity protocol oats recommended
- 1/2 cup milk, any kind
- 2 Tablespoons chia seeds
- 2 cups mixed fruit or berries, fresh or frozen
- 1/4 cup sliced almonds

DIRECTIONS

- TO A SMALL MIXING BOWL ADD YOGURT, OATS, MILK, AND CHIA SEEDS THEN STIR TO COMBINE.
- DIVIDE THE OAT MIXTURE BETWEEN TWO STORAGE CONTAINERS, TOP EACH WITH HALF THE FRUIT/BERRIES AND SLICED ALMONDS, AND THEN COVER.
- STORE HIGH PROTEIN OVERNIGHT OATS IN THE REFRIGERATOR FOR AT LEAST 1 HOUR BEFORE EATING.
- CAN BE REFRIGERATED FOR 3-4 DAYS.

EGG WHITE OATMEAL

INGREDIENTS

- 1/2 cup old fashioned oats
- 1/2 Banana, sliced (optional)
- 1/2 tsp Cinnamon
- 1 cup water, milk or blend of both
- 1/2 cup egg whites

DIRECTIONS

- Add oats, banana slices, cinnamon and sea salt to a pot. Add water/milk and stir to combine. Heat over medium-high heat for 6-7 minutes or until all the liquid has been absorbed. Be sure to stir the oats several times while cooking to make sure the banana slices melt into the oats.
- Add egg whites into the oats and stir/whisk constantly. Stirring will keep the egg whites from cooking/scrambling and they will turn into a thick, fluffy consistency instead. This should take 1-2 minutes
- Once all the liquid is absorbed and the oatmeal is cooked through, place in a bowl and add your favourite toppings. I like to use Peanut butter, granola and some fruit.

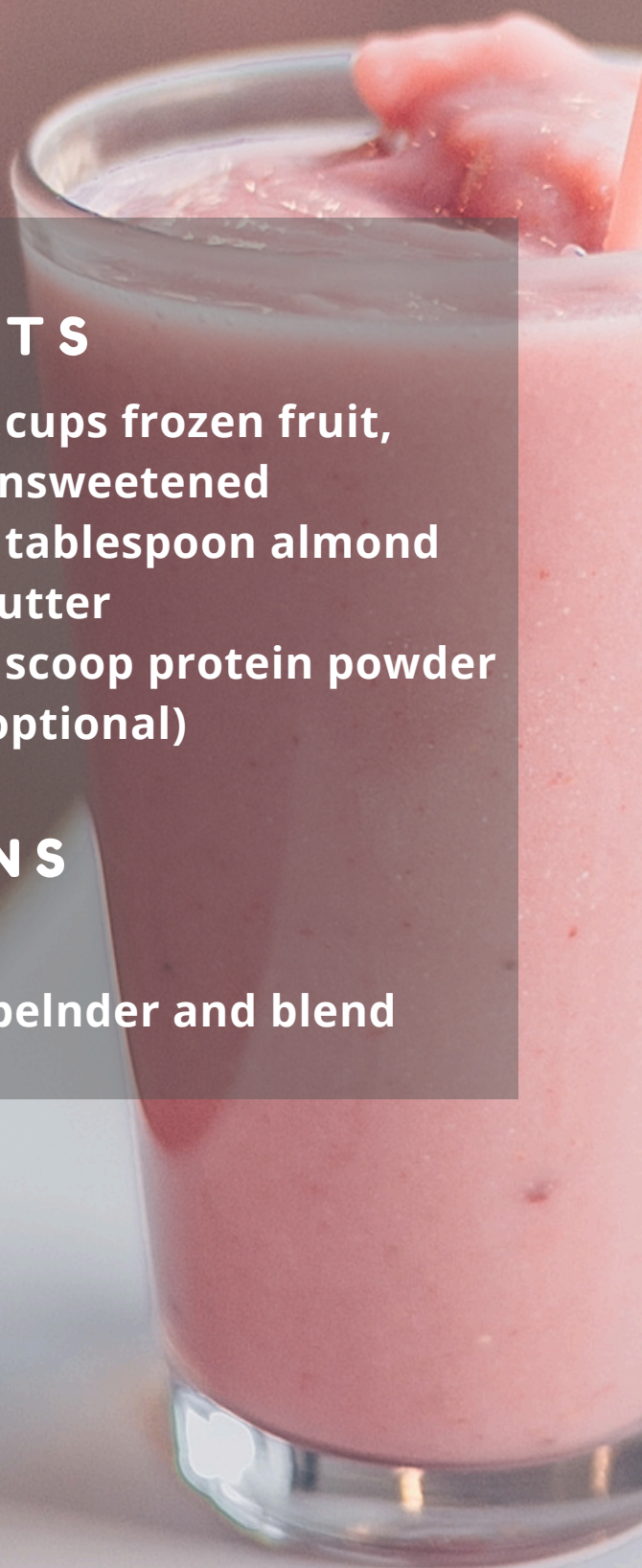
PROTIEN SMOOTHIE

INGREDIENTS

- 1/2 cup non-fat plain greek-style yogurt
- 1/4 cup low-fat milk
- 1 tsp chia seeds
- 2 cups frozen fruit, unsweetened
- 1 tablespoon almond butter
- 1 scoop protein powder (optional)

DIRECTIONS

- Throw all ingredients into the blender and blend



COTTAGE CHEESE TOAST

INGREDIENTS

- 1 tablespoon natural peanut butter
- 1/3 Banana sliced
- Sprinkle of cinnamon
- 1/4 cottage cheese
- 1 slice of toast (preferably sprouted grain or whole grain)

DIRECTIONS

- Toast bread while you prep your other ingredients.
- Slice the banana into thin slices
- Spread the peanut butter on your toast, then do the same with the cottage cheese.
- Top your toast with your banana and cinnamon



HEALTHY EATING MADE SIMPLE
