

The BIG LIST OF *Protein + Produce* SNACKS

SAVORY *snacks*

- hummus + whole grain tortilla + arugula/spinach
- nuts + string cheese
- carrot sticks + yogurt w/ ranch dip seasoning
- mini bell peppers + spicy hummus
- tomato slices + cultured cottage cheese w/ black pepper
- hummus + whole-grain tortilla + cheese
- hard-boiled egg + whole-grain crackers + avocado
- cottage cheese + herbs + vegetables
- roasted chickpeas
- bean chips + salsa
- cucumber slices + tzatziki
- cheese + pistachios
- popcorn + trail mix
- sugar snap peas + lemon hummus
- whole-wheat tortilla with almond butter
- cucumber slices + hummus w/ feta
- edamame + sesame seeds and sea salt
- mini bell peppers with cream cheese
- bean chips + Wholly Guacamole singles
- grape tomatoes + mozzarella + basil

SWEET *snacks*

- apple + cheese cubes
- grapes + almonds
- orange slices + spicy jerky
- apple slices + cheddar cheese stick
- peach + pecans
- strawberries + almond butter
- dates + nut butter + chocolate chip
- blueberries + cultured cottage cheese
- apple + roasted chickpeas
- clementines/cuties + pistachios
- grapefruit slices + walnuts w/ honey
- no-blender smoothie: mashed berries + kefir
- apple slices + yogurt w/ peanut butter mixed in
- banana slices + sunflower seed butter
- kettle corn + cashews
- trail mix with chocolate
- berries + yogurt w/ cocoa powder mixed in