

# 15 healthy snacks

Select 1-2 snacks each day



6 oz. Greek yogurt  
+ 1/2 cup berries



1/2 cup pumpkin  
seeds (in shell)



Apple + 1 tbsp.  
nut butter



String cheese +  
orange



1/2 cup sunflower  
seeds (in shell)



Skim latte (skip sugar)  
+ banana



1/4 cup hummus  
+ veggies



Celery sticks +  
2 tbsp. nut butter



4 cups  
light popcorn



1/4 cup (about a  
handful) nuts



1/2 cup of  
pistachios in shell



3 oz. turkey rolled around  
bell pepper sticks



1 cup steamed  
edamame in pod



Small frozen yogurt



2 rice cakes +  
1 tbsp. nut butter

# 50 CLEAN EATING SNACKS

1. Fresh veggies and chunky guacamole
2. Herb roasted nuts
3. Banana topped with almond butter
4. Baked apple chips
5. Clean jerky
6. Fresh watermelon chunks
7. Sliced cucumbers
8. Sliced tomato with balsamic drizzle
9. Fruit salad
10. Clean muffins
11. Veggies with pesto dip
12. Almonds and raisins
13. Baked zucchini chips
14. Hard boiled egg
15. Clean fruit and nut bar
16. Healthy smoothie
17. Leftover grilled veggies
18. Plantain fries
19. Frozen blended banana "ice cream"
20. Clean berry parfait
21. Leftover burger patty
22. Fresh blueberries
23. Apple slices with almond butter
24. Baked kale chips
25. Small green salad with clean dressing
26. Clean lunch meat with veggies
27. Fresh pineapple chunks
28. Fresh grapefruit
29. Tuna lettuce wrap
30. Egg muffins
31. Sweet potato fries (baked)
32. Fresh Grapes
33. Plantain chips and salsa
34. Clean meatballs
35. Bone broth
36. Fresh strawberries
37. Fresh cherries
38. Clean energy bites
39. Clean applesauce
40. Fresh cherry tomatoes
41. Dill pickles
42. Veggies with tuna dip
43. Pumpkin seeds
44. Dried mango slices
45. Turkey rollup with veggies
46. Grilled fruits
47. Mixed nuts
48. Celery sticks with almond butter
49. Clean homemade popsicles
50. Avocado with clean chicken salad





Using the app MyFitnessPal is a great way to keep track of your recipes, your activity levels, how much you eat, when you eat it and what food items you should be restricting.

- The app is free and can be downloaded on any smartphone.
- For further directions on how to utilize the app, go to <https://healthyeater.com/iifym-myfitnesspal-tutorial> for a step-by-step tutorial.