

PREPYOSELF

Supplemental Snacks



Snacks to fuel you throughout the day



// Welcome!!!



Hello Foodie Friends!

Snacking can be an important part of your diet. Snacks can provide energy in the middle of the day or when you exercise.

Eating healthy snacks in between meals can also decrease your hunger and keep you from overeating during meal time.

Here are some tips on healthy snacking:

- The snack size should be the right portion. A good balance between calories to satisfy your hunger, but not too much to promote unwanted weight gain
- Use portion containers to help control portion sizes
- Pick foods low in added fat and sugar and high fiber and water
- Aim for fruits, vegetables, whole-grain snacks, and low fat dairy
- Pair protein and carbohydrates to help keep you fullest for the longest

We have included some ideas for healthy snack to supplement your meals as needed.

Happy Snacking!
Your Friends at PrepYoSelf

Fruit & Veggies



Fruit Serving Size: 3/4 cup

- Canteloupe
- Grapes
- Mango
- Strawberry
- Pineapple
- Kiwi



Pair with a Dip: 1/4 cup

- Yogurt
- Nutella
- Nut Butter



Veggie Serving Size: 1 cup

- Broccoli
- Celery
- Snap Peas
- Baby Carrots



Pair with a Dip: 1/4 cup

- Guacamole
- Hummus
- Ranch Dip

Proteins & Grains



Cheese Serving Size: 2 oz

- Mozzarella
- Cheddar
- Colby



Meat Serving Size: 2 oz

- Turkey deli
- Diced Ham
- Smoked Sausage



Nuts/Granola Serving Size: 2 oz

- Roasted Almonds
- Granola
- Almonds



Grains Serving Size: 2 oz

- Crackers
- Pretzels
- Triscuits

Snack Boxes



Snack Box Combo 1

- Smoked Sausage
- Crackers
- Ranch
- Mango
- Broccoli



Snack Box Combo 2

- Mozzarella cheese
- Roasted almonds
- Yogurt
- Canteloupe
- Broccoli



Snack Box Combo 3

- Colby
- Almonds
- Nutella
- Strawberries
- Snow Peas

Snack Boxes



Snack Box Combo 4

- Cheddar
- Granola
- Nut Butter
- Kiwi
- Baby Carrots



Snack Box Combo 5

- Baby Carrots
- Grapes
- Guacamole
- Triscuits
- Ham



Snack Box Combo 6

- Turkey Deli
- Pretzels
- Hummus
- Pineapple
- Celery Sticks

PREPYOSELF



Food Safety

Be sure to practice safe food handling. Go to www.fda.gov/food for food safety tips.

Disclaimer

All related content, information and materials, in any form is provided by PREPYOSELF, LLC. This content is subject to copyright protection by PREPYOSELF, LLC and you are granted a limited, non-transferable, single user license to access and use this content. You are prohibited from reproducing, copying, distributing, sharing or otherwise transmitting this content in any form or by any means.

The content is for general informational purposes only. This content is provided "AS IS" and there are no representations or warranties, express or implied, about the completeness, accuracy, or reliability of this content for any purpose, including the implied warranties of merchantability or wellness for any particular purpose. Your reliance on any of the content, information, or materials presented in this meal plan is at your own risk.

This content contains general information only and may not be construed as medical, health, nutritional, or dietary advice or instruction. No action or inaction should be taken based solely on the content. Instead you should consult with appropriate health professionals on any matter relating to your health, nutrition, or diet and before beginning any method described in the content. We do not claim to be a doctor and you should always consult with your own health professionals for appropriate examinations, treatment, diagnosis, testing, and care recommendations.

The content is not intended to be a definitive set of instructions for you and you may discover there are other methods and materials to accomplish the same end result. Your results may differ. All specific medical health, nutritional or dietary questions should be presented to your own health care professionals.

We assume no responsibility and shall not be liable for any circumstances arising out of your use, misuse, interpretation or application of any content, information and materials supplied provided from the content. You agree to hold PREPYOSELF, LLC. harmless from any and all liability for all claims for damages due to injuries, including attorney fees and costs, incurred by you or caused to third parties by you, arising out of your use or misuse of the content, information and materials provided from the content.

Copyright

This document and all related content, information, and materials, in any form (collectively, the "content") is provided by PREPYOSELF, LLC. You are prohibited from reproducing, copying, distributing, sharing or otherwise transmitting any part of this publication in any form or by any means without written permission of the publisher.