

A collage of various healthy snacks and ingredients. At the top left, a white plate holds raspberries and red currants. To the right, a wooden bowl is filled with almonds. In the center, a white bowl contains blueberries and granola. Below this, a large bowl of green smoothie is visible. At the bottom, there are two halves of a grapefruit, a small bowl of blueberries, and a silver spoon on a wooden surface.

Weekday Energizing Snack Planner + Prep Guide

Monday - Friday

Energy-Boosting Snacks

Snacking doesn't have to derail your day—in fact, the right snacks can keep your energy steady, sharpen your focus, and boost productivity.

This guide is designed to take the guesswork out of snacking by giving you a ready-to-use menu, a complete shopping list, and simple prep instructions.

Whether you're powering through a busy workday or need an afternoon pick-me-up, these smart snack strategies will help you stay fueled, focused, and energized all day long.



Meal Plan

Day	Morning	Afternoon
Monday	Greek Yogurt + Mixed Berries	Apple Slices + Nut Butter
Tuesday	Baby Carrots + Hummus	Trail Mix
Wednesday	Roasted Chickpeas	Grapes + Cheese
Thursday	Greek Yogurt + Mixed Berries	Apple Slices + Nut Butter
Friday	Baby Carrots + Hummus	Grapes + Cheese

Grocery Shopping List

Produce

Apples (2 medium)

Baby Carrots (1 medium bag)

Mixed Berres (1 cups)

Grapes (1 small bunch)

Pantry

Almond butter (1 small jar)

Hummus (1 small container)

Trail mix (1 small bag)

Dark chocolate chips (1 small bag)

Chickpeas (1 can)

Dairy

Greek yogurt (8 ozoz tub or individual cups)

Cheese cubes (1/2 cup)



Prep Instructions

Greek Yogurt + Mixed Berries

Portion 1/2 cup Greek yogurt with 1/4 cup berries into containers. Store chilled.

Apple Slices + Almond Butter

Slice apples and drizzle with lemon juice. Store in airtight container. Portion with 2 tbsp almond butter separately.

Baby Carrots + Hummus

Portion 1 cup carrots with 3 tbsp hummus per snack container.

Trail Mix (Nuts and Chocolate)

Mix 1/4 cup nuts plus 2 tbsp dark chocolate chips. Store in snack bags

Grapes + Cheese Cubes

Wash grapes; portion 1/2 cup grapes with 1/4 cup cheese cubes in container.

Savory Roasted Chickpeas

Drain, rinse, and dry chickpeas. Coat with 1 tbsp olive oil and 1/4 teaspoon paprika. Roast at 400F for 25-30 minutes. Cool and Store. Portion 1/2 cup for each serving



Notes:

Store snacks in small meal prep containers for easy access during the workweek.