



## Tasty Snacks

Want to refresh your snack list while rejuvenating your body and palate? Check out these ideas for some fun, nutritious options.

### Cold Combos

- SKINNY DIP**  + 

hummus whole grain crackers
- RENDEZVOUS**  +  + 

guacamole carrots and cucumbers whole grain crackers
- TUNA TWIST**  + 

tuna salad celery
- ANTS ON A LOG**  +  + 

raisins nut butter celery
- CUCUMBER CANOE**  +  + 

cherry tomatoes cottage cheese cucumber

## Super Sandwiches

For a twist: try toast, pita bread, or make it an open sandwich (one bread slice).

- GO NUTS!**  +  +  + 

nut butter jam banana slices bread
- HENNY PENNY**  +  +  + 

chicken salad shredded carrots tomato bread
- MEATLESS LOVE AFFAIR**  +  +  + 

egg salad cucumber or pickles lettuce bread
- EDERLE DELICIOUS**  +  +  + 

tuna salad lettuce tomato bread
- CHILLIN' CHICKPEA**  +  + 

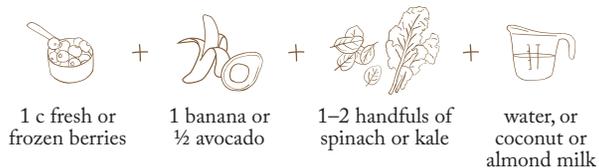
hummus cucumber or shredded carrots bread
- SLICE OF SUMMER**  +  +  + 

avocado tomato fresh basil bread

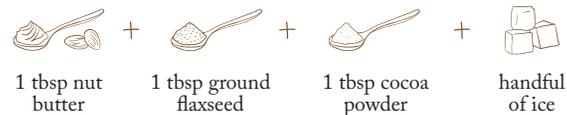


## Fruit Frenzy

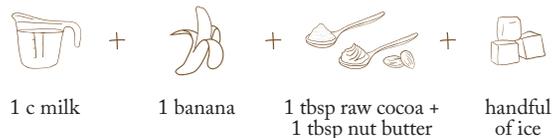
### DANCING MAMA SMOOTHIE



### Optional Mix-ins:



### MILKY WAY SMOOTHIE



### YOU'VE GOT THIS! YOGURT BOWL



### STRONG START BREAKFAST BOWL



sliced fruit or berries

+



cottage cheese

### RAINBOW SALAD



sliced seasonal fruit

+



put on a skewer

### DYNAMIC DUO



string cheese

+



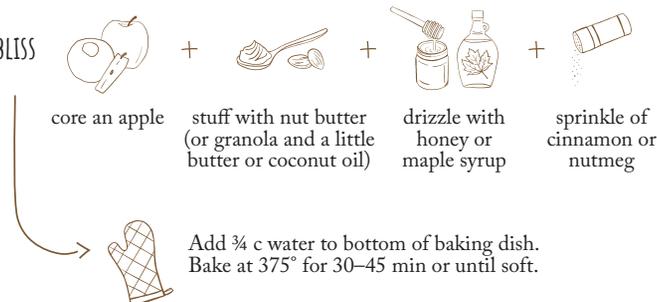
apple or pear slices

## Delicious Desserts

### COSMOS



### APPLE BLISS



## Finger Food



hard-boiled egg



popcorn



nuts and raisins



baby carrots



snacking peppers



quesadilla



kale chips



roasted chickpeas