

Balanced Snacks



Nuts and Dark
Chocolate



Vegetables and
Ranch



Greek Yogurt
and Granola



Tuna Salad and
Crackers



Chips and Guac



Apple and
Peanut Butter



Grapes and
Cheese



Granola Bar
with Nuts



Vegetables with
Hummus



Cottage Cheese
and Fruit



Avocado Toast
on Whole Grain
Bread



Protein
Smoothie