

Snack Idea	Green	Purple	Red	Yellow	Blue	Orange	Tsp.
Cottage cheese topped with fruit		1	1				
Greek yogurt with berries		1	1				
2 boiled eggs			1				
2 deviled eggs (smash yolk with greek yogurt and mustard)			1				
Low-sodium ham slices topped with string cheese and a pickle or veggies (green pepper or cucumber)	1		1		1		
Celery with almond butter	1						1
Apple with almond butter		1					1
Banana with almond butter		1					1
<u>Green Smoothie - water, spinach, fruit, and ice</u>	1	1					
Hummus and vegetables	1				1		
Brown rice cake and avocado				1	1		
Brown rice cake, almond butter, and banana		1		1			1
Quesadilla - 2 corn tortillas, cheese				1	1		
Open-faced turkey sandwich - bread, low-sodium deli turkey, avocado			1	1	1		
12 almonds and piece of fruit		1			1		
Grapes and cheese		1			1		
Beef Jerky			1				
Sweet potato with coconut oil & cinnamon				1			1
Veggie wrap - chopped veggies and hummus rolled in collard or lettuce leaf	1				1		
Banana and string cheese		1			1		
Avocado drizzled with balsamic					1		
Chicken salad - add greek yogurt, veggies, and chopped fruit (apples or grapes)	1	1	1				
Tomatoes and mozzarella with balsamic			1		1		
Banana roll-up - whole-grain tortilla, spread with almond butter, add banana		1		1			1
Whole-grain toast, cottage cheese, tomatoes	1		1	1			
Whole-grain toast with avocado				1	1		
Open-faced grilled cheese (spread 1 tsp. coconut oil on bread and toast in skillet. Top with cheese and cover with lid until melted.)				1	1		1
Apples with peanut butter yogurt dip. (Mix 1/2 cup plain greek yogurt with 1/4 cup peanut butter) 2 servings		1	1				2
Pumpkin seeds and fruit		1				1	
Cheese and whole-grain crackers							
Dried fruit & nuts					1	1	



