

Mix-and-Match Snack Ideas

As a general rule of thumb, I recommend that snacks include (at least) a source of two out of the three macronutrients (fat, protein, carbohydrate). A lot of times this might look like pairing a carbohydrate source with a fat and/or protein source. This might look like choosing one food item from each column below.

Examples:

Crackers (carbohydrate) + cheese (fat/protein)

Apple (carbohydrate) + peanut butter (fat/protein)

Pita bread (carbohydrate) + hummus (fat/protein)

Dried fruit (carbohydrate) + mixed nuts (fat/protein)



Carbohydrates:

{Choose 1 source}

- Crackers
- Tortilla chips / other chips
- Granola bar
- Dried fruit
- Fresh fruit
- Fruit cup or applesauce
- Granola
- Cookie or brownie
- Muffin / baked good
- Toast / bread
- English muffin
- Bagel
- Pita bread
- Pretzels
- Rice cake
- Carrots / veggie
- Popcorn
- Frozen waffle

Fats & Proteins:

{Choose 1 (or 2) sources}

- Hummus
- Avocado / guacamole
- Cream cheese
- Cheese cubes / stick
- Yogurt (full-fat)
- Peanut butter / nut butter
- Nuts (cashews, peanuts, almonds, walnuts, pistachios, pecans, etc.)
- Chocolate chips
- Roasted chickpeas
- Protein / beef stick
- Hard-boiled egg(s)
- Glass of milk
- Deli meat
- Dark chocolate squares
- Trail mix
- Ranch dressing / veggie dip
- Cottage cheese

Carbohydrates:

{Choose 1}

- Graham crackers
- Animal crackers
- Cereal
- Tortilla
- Leftover rice, potatoes, etc.
- Pita chips
- Goldfish
- Chex Mix

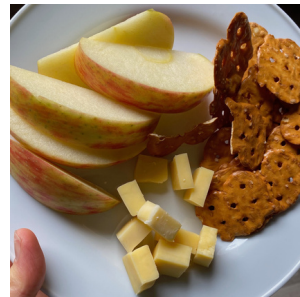
Fats & Proteins:

{Choose 1-2}

- Ice cream
- Protein powder
- Protein bar (at least 8-10g protein)

Note: I recommend choosing full-fat dairy for hormonal health and optimal absorption of fat-soluble vitamins.

Note: If choosing a fruit or veggie as your carb source, it is likely a good idea to choose an additional complex carb source.



Additional Examples:

- Apple or banana + nut butter
- Rice cake w/ peanut butter + chocolate chips
- Tortilla chips + guacamole
- Applesauce + mixed nuts
- Goldfish + cheese cubes
- Popcorn + protein/beef stick
- Animal crackers + dark chocolate squares
- Granola + yogurt
- Grapes + protein bar
- Cereal + milk
- Frozen waffle + peanut butter
- Fruit + cottage cheese + walnuts
- Muffin + nut butter

