

Back to School Snack List

Pick a Carbohydrate:

- Organic fruits (berries & apples are some of my faves)
- Organic veggies (cucumber, snap peas, carrots, bell peppers, and cherry tomatoes are my go-tos)
- Lesser Evil Popcorn
- Siete Foods Cinnamon Churro Chips or Grain Free Tortilla Chips
- Banana brand plantain chips (plantains, coconut oil, salt)
- Suzie's Organic Rice Thins (only ingredients should be the grain and salt)
- Simple Mills Crackers

Pick a Protein:

- Good Culture Cottage Cheese
- Fage Greek Yogurt
- 2Good Yogurt
- Organic Low Fat Cheese Sticks
- Turkey Breast (look for no nitrates/nitrites)
- Chomps Free Range Turkey or Beef Sticks
- Hard Boiled Eggs (with the yolk it would count as a fat source too)

Pick a Healthy Fat:

- Unsalted nuts & seeds
- Shelled pistachios
- Organic Hummus
- Nut Butter (the only ingredient should be peanuts, and possibly salt, almonds & salt...)

