

40 SNACKS ON THE GO

Real School's Be Healthy, Happy & Fit



Yes, you have your meal plan and your snacks for 28 days, but what about those times you are stuck in the car or at work or when you are traveling? My goal is to prepare you for a lifetime of success.

Planning is important when making the food changes required for a good liver or system cleanse. We love to snack because it keeps our blood sugar stable, especially when we are living busy lives & working out.

FAIL TO PLAN, PLAN TO FAIL or MAKE AN A+ INSTEAD. 😊

1. Apple with 2 tablespoons of almond butter
2. Celery with 2 tablespoons of hummus
3. Chopped vegetables with black bean dip or hummus
4. Kale chips
5. Greek yogurt with 2 tablespoons walnuts, almonds, or pumpkin seeds
6. ½ avocado with sea salt & basil
7. Banana with shredded coconut, cinnamon, and 2 tablespoons of tahini
8. ½ grapefruit with shredded coconut and cinnamon
9. Toasted pumpkin seeds
10. Cottage cheese with ¼ cup strawberries
11. Dairy-free coconut milk or almond milk yogurt with 2 tablespoons of gluten-free granola
12. 1 slice of Ezekiel bread or gluten-free bread with tahini and honey
13. ½ cup edamame with sea salt
14. Smoothie
15. Green juice
16. Homemade energy protein balls or a healthy pre-made bar from your local natural health food store
17. Olives and 2 tablespoons feta cheese or Daiya dairy-free cheese
18. Beef or turkey jerky
19. Lettuce wraps with 2 ounces of tofu or tempeh
20. Turkey slices wrapped in lettuce with mustard
21. Healthy trail mix
22. 1 hard-boiled egg
23. 2 pieces of dark chocolate
24. Baked sweet potato or sweet potato chips
25. Plantains with hummus
26. Miso soup with tofu
27. Tortilla chips and salsa
28. Almond milk with cinnamon and 5 drops of stevia or raw honey
29. Frozen grapes

These statements have not been evaluated by the Food and Drug Administration.

This is not intended to diagnose, treat, cure, or prevent any disease.

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| 30. Air-popped popcorn with sea salt and a dash of cayenne pepper | raw cacao for some extra sweetness) |
| 31. Chia pudding (see preparation instruction on bag) | 36. Homemade, healthy hot chocolate: Water with 1 tablespoon of raw cacao with stevia to sweeten |
| 32. Roasted chickpeas | 37. Fresh berries with shredded coconut |
| 33. Homemade granola – add on top of cottage cheese or your favorite dairy or non-dairy yogurt | 38. Fresh vegetables or chips with guacamole |
| 34. Flax crackers with black bean dip | 39. Fresh tomatoes stuffed with goat cheese |
| 35. Celery with peanut butter or almond butter (add some | 40. Brown rice tortilla with almond butter and honey |

POST-WORKOUT: (some still call it recess)

OPTIMAL TIME FOR CARBS

These snacks have a little more natural sugar, so your body tolerates these sugars MUCH better after a workout. Eat within 30-60 minutes for the best results.

- Baked sweet potato with 1 teaspoon stevia or honey & hemp seeds
- Baked apple with cinnamon, stevia & 2 tablespoons pumpkin seeds
- Post-workout smoothie

POST WORKOUT RAW PROTEIN BALLS

1 RAW PROTEIN BALLS

[Makes 4]

These are great for post-workout & eating on the go.
This is my healthy version of a "Think Thin" bar – without the junk.

2 tablespoons vanilla protein
powder**
(Sun Warrior, hemp, or whey,
if you tolerate it)

2 tablespoons hemp seeds
2 tablespoons coconut butter

or coconut oil
5 drops vanilla stevia
½ tablespoon water
½ teaspoon cinnamon
Dust with shredded coconut
or raw cacao

Put all ingredients in a mini chopper/processor and pulse a few times to incorporate.
Give the dough a stir and start to roll the mixture into 1 tbsp. sized balls with your hands.

**If the dough is too crumbly, add a few drops of water. Then add the shredded coconut & dust with raw cacao (optional). Eat right away or store in an airtight container at room temperature.

2 PROTEIN BALLS

½ cup sunflower seed butter
2 tablespoons raw honey or stevia
2 tablespoons cocoa nibs
2 tablespoons shredded coconut

¾ cup natural, unsweetened (Sun
Warrior protein, hemp or whey, if
you tolerate it)
1 teaspoon organic, alcohol-free
vanilla
2 tablespoons hemp seeds

Mix sunflower seed butter, protein powder, honey, and vanilla until smooth.

Then add remainder of ingredients. Form into 1-inch balls and place in an airtight container. Store in the fridge.

3 RAW COOKIE DOUGH BABY WITH GRAINS (QUINOA)

$\frac{2}{3}$ cup raw almonds
 $\frac{2}{3}$ cup raw walnuts or pumpkin
seeds
 $\frac{2}{3}$ cup dry, uncooked quinoa (grind
quinoa in blender or Bob's Red
Mill Brand)

$\frac{1}{4}$ teaspoon ground cinnamon
 $\frac{1}{8}$ teaspoon sea salt
 $\frac{1}{4}$ cup agave nectar
2 teaspoons pure vanilla extract
3 tablespoons cacao nibs or dark
chocolate chips

In a food processor, process the almonds, walnuts, oats, cinnamon, and salt to a fine meal.

Add the agave nectar and vanilla and process to combine.

Next, add the cocoa nibs (or chocolate chips) and pulse just until combined.

Roll the cookie dough into balls about 1 tablespoon each, wetting your hands if the dough is too sticky, and place them on a cookie pan lined with parchment paper.

Place the pan in the freezer for about an hour to firm up. Store balls in a tightly covered container in the freezer.