

# Snack ideas

## At home

- Green peppers filled with cheese
- Boiled eggs
- Strawberries and citrus fruits
- Cucumber and carrot sticks with hummus or yoghurt dip
- Roasted chickpeas with spices
- Edamame beans
- Smoked salmon
- Avocado
- Tuna salad with cucumber, tomato and boiled egg



## On the go

- Peanuts
- Pistachios
- Macadamia nuts
- Walnuts
- Beef Jerky
- Cheese sticks
- Flavoured rice crackers

## Beverages

- Unsweetened soy milk, peanut butter and MCT smoothie
- Unsweetened almond milk
- Lemon and sparkling water
- Lemon water with cucumber and mint



What are your favourite snacks?