

## SNACK LIST

The aim of a snack is to be to get you through to the next meal. Try to include protein!

30g mixed raw nuts	Wholegrain crackers with hommus	½ cup Homemade granola or store bought muesli with greek yogurt	<b>TREAT LIST</b>
Piece of fruit with a handful of nuts or bliss ball	Greek yoghurt OR Yo Pro OR Chobani with 100g blueberries (fresh or frozen)	2 Rice cakes with cottage cheese and tomato	2 Bliss balls OR raw slice (video demos and in recipe book!)
Boiled egg and few vegie sticks (celery, cucumber, carrot)	Slice of BANANA BREAD from recipe book toasted with coconut oil	Fresh fruit – banana, mango, nectarine, apple, watermelon	Portioned chocolate (freddo, banjo bear)
Smoothie (see recipe book for my favs OR FB Page for 'smoothie of the week')	Apple, pear or celery topped with peanut butter	Fruit salad with yoghurt	Skinny cow icecream sundae
Carmans Dark Choc Espresso bar	Veg sticks with hommus	Popcorn – sunbites Lightly salted 13g	4-6 squares of your fav chocolate
2 cruskits with hommus/ cream cheese, tomato and ¼ avocado	'Tom and Luke' Bliss balls from Foodland OR homemade (2 only!)	2 Wholegrain toast with peanut butter, vegemite or avocado/ cheese!	Weis Mango/ Icecream bar (4 in a pack)

