

For additional caloric intake please choose a snack of choice to add to your daily meal plan.

SNACK 1

2 low fat cheese sticks
½ apple
1 TBS Almond butter

SNACK 2

1 cup fat free Greek yogurt
½ cup blueberries
Stevia to taste

SNACK 3

½ scoops whey protein powder (35g of protein)
8 oz unsweetened almond milk
1 TB almond butter

SNACK 4

Turkey Spinach Roll Ups
4oz deli turkey
1 cup spinach
1 slice cheese

SNACK 5

2 hard boiled eggs
15 almonds

SNACK 6

Natural Protein Bar (Quest, Biotrust, or Oatmega)

SNACK 7

1 and ½ scoops whey protein powder (35g protein)
8 oz almond milk
¼ cup walnuts

SNACK 8

2 hard boiled eggs
½ orange

SNACK 9

Protein Berry Smoothie
1 cup pasteurized egg whites
1 cup spinach
1 cup organic mixed berries
½ frozen banana
1 packet organic Stevia

SNACK 10

1 cup raw veggies
2 TB almond butter
1 scoop protein powder
1 cup unsweetened almond milk