

Healthy snack ideas.



1 cup cut up vegie sticks
e.g. cucumber, capsicum, carrot
+ 1/3 cup hummus or tzatziki



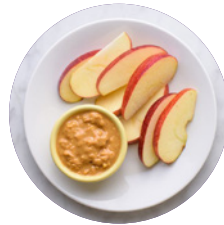
1 small handful (30g)
mixed nuts



1 cup air-popped and
lightly seasoned popcorn



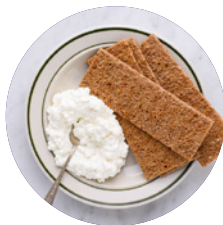
1/3 cup spiced
roasted chickpeas



1 sliced apple +
1 tablespoon natural
nut butter



1 low fat high protein
yoghurt (> 10g protein per
serve) + 1 cup berries



4 wholegrain crackers +
1 slice reduced fat cheese
+ 1/2 tomato



1 slice multigrain toast +
1/4 avocado + 1 boiled egg



2-3 Medjool dates filled
with 1 teaspoon
of nut butter