



Prepare Ahead Snacks

Sweet

- Yogurt parfait (plain Greek yogurt + fresh fruit + granola or nuts + optional 1 tsp honey)
- Chia pudding (2 tbsp chia seeds mixed with ¼ cup milk of choice + optional 1 tsp maple syrup) topped with fresh fruit and nuts (optional).
- Dates stuffed with peanut or almond butter
- Banana or apple with nut butter
- Homemade trail mix: nuts, seeds, and dried fruit of your choice.
- Homemade energy bars/balls such as <https://www.sarahgoldrd.com/blog/2018/1/28/chocolate-peanut-butter-cup-energy-balls>
- Half of a cantaloupe, honeydew, or papaya filled with cottage cheese or yogurt
- Cottage cheese with fruit
- Smoothies that include a protein source like Greek yogurt, silken tofu, or nuts/seeds. Sample recipe here (<https://www.sarahgoldrd.com/blog/2018/3/15/my-favorite-recovery-smoothie>). Ask for additional recipes.
- Whole grain toast with nut butter and fruit
- Baked sweet potato topped with Greek yogurt and cinnamon
- Baked sweet potato drizzled with nut butter
- Peanut Butter Banana Breakfast Cookies: <https://www.sarahgoldrd.com/blog/2018/9/17/oatmeal-peanut-butter-banana-breakfast-cookies>

Savory

- Savory yogurt parfait such as plain Greek yogurt with tomato, cucumber, and herbs
- Hummus and vegetables or whole wheat pita
- Greek yogurt dip with vegetables or whole-wheat pita (mix yogurt with favorite dry dip mix or with fresh dill, garlic, lemon, and chopped cucumbers).
- Cooked edamame sprinkled with salt
- Avocado toast – 1 slice whole grain toast with 1/3 to ½ avocado (top with an egg a larger snack)
- Fill half an avocado with cottage cheese or salsa
- Mixed bean salad
- Roasted vegetables and kalamata olives