



A balanced bedtime snack isn't about eating "extra" or undoing your progress—it's about supporting your blood sugar so your body can rest, repair, and release weight more effectively, especially after 50.

As estrogen and progesterone decline during perimenopause and menopause, the body becomes more sensitive to blood sugar swings and stress hormones. Overnight blood sugar drops are more common, and when they happen, the body releases cortisol and adrenaline to bring blood sugar back up. While this response is protective, it can disrupt sleep, worsen insulin resistance, and make weight loss feel harder—particularly around the midsection.

For many women over 50, this shows up as waking between 2-4 a.m., restless sleep, increased belly fat, stubborn weight despite "doing everything right," and stronger cravings the next day. These symptoms aren't a lack of discipline—they're a sign that your body needs steadier fuel and more nervous-system support.

A small, balanced snack eaten about 1-2 hours before bed can help prevent these overnight blood sugar dips. Pairing carbohydrates with protein and/or healthy fat slows digestion and provides a steady release of glucose through the night. This helps reduce cortisol spikes, supports insulin sensitivity, and keeps your body in a calmer, fat-burning state rather than a stressed, fat-storing one.

And no—eating at night does not automatically cause weight gain, especially after 50. Weight gain is driven by chronic blood sugar instability, hormonal shifts, insulin resistance, and excess calories over time—not by eating at a certain hour. In fact, for many women, the right bedtime snack improves sleep, reduces cravings, and supports more consistent weight loss.

Every snack in this book includes protein, healthy fat and fiber to support blood sugar and hormones.

These recipes are here to support you—not restrict you. If you don't like an ingredient, swap it. If you find a snack that works well for your body, repeat it. Adjust portions based on hunger, sleep quality, and how your body feels. There is no one "perfect" snack—only what helps your blood sugar feel calm and supported.

What if you're not hungry?

That's okay. This isn't about forcing food. If you're sleeping well, waking rested, and not experiencing nighttime wake-ups or morning cravings, you may not need a bedtime snack every night. You can also start small—just a few bites—or use these snacks strategically on days when dinner was lighter, stress was higher, or movement was more intense. Let your sleep, energy, and blood sugar patterns guide you.

Most importantly, trust your body. Nourishing yourself before bed can support better sleep, steadier blood sugar, calmer hormones, and sustainable fat loss. You are allowed to eat at night, enjoy it, and still make meaningful progress toward your health goals.

Happy snacking—and sweet dreams!



Maple Almond Popcorn

4 servings

15 minutes

Ingredients

4 cups Popcorn
1 cup Almonds
1 tbsp Maple Syrup
2 tsps Cinnamon

Nutrition

Amount per serving	
Fat	21g
Carbs	18g
Fiber	6g
Protein	9g

Directions

1

Place almonds in a small frying pan over medium heat for about 4 minutes, stirring occasionally to toast. Turn heat down to low and add maple syrup and cinnamon. Stir for about 3 minutes to ensure almonds are well coated. Remove from heat and spread across a piece of wax paper and let cool. Break apart into single pieces.

2

Divide popcorn and maple almonds into bowls. Enjoy!



Popcorn, Blackberries and Walnuts

1 serving

5 minutes

Ingredients

2 cups Popcorn
1/2 cup Blackberries
1/4 cup Walnuts

Nutrition

Amount per serving	
Fat	26g
Carbs	24g
Fiber	8g
Protein	8g

Directions

1

Serve all ingredients in a bowl or store them in a portable container if on-the-go. Enjoy!

Notes

No Walnuts: Use almonds, pumpkin seeds, sunflower seeds, pistachios or pecans instead.



Cranberry & Pumpkin Seed Popcorn

1 serving

5 minutes

Ingredients

2 cups Popcorn
2 tbsps Dried Unsweetened
Cranberries
1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Fat	22g
Carbs	27g
Fiber	5g
Protein	12g

Directions

- 1 Place the popcorn into a bowl and mix in the cranberries and pumpkin seeds. Enjoy!

Notes

No Pumpkin Seeds or Cranberries: Use a pre-made trail mix instead.



Fruit & Nut Popcorn Snack Mix

1 serving

5 minutes

Ingredients

- 1 cup Popcorn
- 1/4 cup Blueberries
- 2 tbsps Pecans
- 1 tbsp Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	17g
Carbs	21g
Fiber	3g
Protein	3g

Directions

- 1 Combine all ingredients in a small bowl. Enjoy!

Notes

Leftovers: Do not mix in blueberries until serving. Store other components in an airtight container at room temperature for up to four days.

Nut-Free: Replace pecans with pumpkin seeds.



Crackers & Nut Butter or Hummus

1 serving

5 minutes

Ingredients

1 1/16 ozs Seed Crackers
2 tbsps Almond Butter (or hummus)

Nutrition

Amount per serving	
Fat	22g
Carbs	25g
Fiber	8g
Protein	10g

Directions

- 1 Dip the crackers into the almond butter (or hummus) and enjoy!

Notes

Crackers: Choose whole grain crackers, nut crackers, sprouted grain, or almond flour crackers.

No Almond Butter or Hummus: Use peanut butter instead.



Crackers & Cheese

1 serving

5 minutes

Ingredients

1 oz Cheddar Cheese (cut into squares)

1 oz Seed Crackers (or any crackers)

Nutrition

Amount per serving	
Fat	14g
Carbs	19g
Fiber	5g
Protein	10g

Directions

- 1 Add the cheese and crackers to a plate or sealable container. Enjoy!

Notes

Leftovers: Best enjoyed fresh.



Yogurt Parfait

1 serving

5 minutes

Ingredients

- 3/4 cup Plain Greek Yogurt
- 1 tbsp Sunflower Seeds
- 3/4 cup Strawberries
- 1 tbsp Unsweetened Coconut Flakes
(or coconut chips)
- 1/4 tsp Cinnamon
- 1/4 tsp Maple Syrup (or honey)

Nutrition

Amount per serving	
Fat	11g
Carbs	22g
Fiber	4g
Protein	19g

Directions

1

In a bowl add yogurt, top with seeds, coconut, cinnamon & berries. Drizzle with sweetener.



Strawberry Chocolate Protein Yogurt Parfait

2 servings

10 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 cup Strawberries (sliced)
- 1/3 cup Granola

Nutrition

Amount per serving	
Fat	9g
Carbs	28g
Fiber	5g
Protein	30g

Directions

- 1 Add the yogurt, protein powder, and cocoa powder to a large bowl. Use a hand mixer to whip until thoroughly combined and fluffy.
- 2 Layer the yogurt and strawberries evenly in jars. Top with granola and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in chocolate.

No Hand Mixer: Stir well using a spoon. The texture will vary.



Greek Yogurt, Almonds & Cherries

1 serving

5 minutes

Ingredients

3/4 cup Plain Greek Yogurt
1/3 cup Cherries (pitted)
2 tbsps Almonds (chopped)

Nutrition

Amount per serving	
Fat	13g
Carbs	21g
Fiber	3g
Protein	21g

Directions

- 1 Add all of the ingredients to a bowl and enjoy!

Notes

More Flavor: Add vanilla extract to the yogurt.



Cherry & Blueberry Yogurt Parfait

2 servings

10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Chia Seeds
- 1/2 cup Cherries (pitted, halved)
- 1/2 cup Blueberries
- 1 1/2 tsps Honey
- 2 tsps Pumpkin Seeds
- 1/16 tsp Cinnamon

Nutrition

Amount per serving	
Fat	10g
Carbs	26g
Fiber	5g
Protein	16g

Directions

- 1 In a bowl, mix the Greek yogurt, almond milk, flax, and chia seeds together until smooth.
- 2 Layer the yogurt mixture, cherries, and blueberries into individual serving glasses, bowls, or jars.
- 3 Drizzle the honey over the fruit layers. Repeat the layering process until all ingredients are used.
- 4 Top the parfait with pumpkin seeds and cinnamon. Serve immediately or refrigerate until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.



Greek Yogurt Chocolate Mousse

3 servings

8 hours

Ingredients

4 ozs Dark Chocolate (chopped)
1 1/2 cups Plain Greek Yogurt
1/4 cup Cocoa Powder
1 tsp Honey
1/2 tsp Vanilla Extract
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Fat	20g
Carbs	29g
Fiber	7g
Protein	15g

Directions

- 1 Add water to a double boiler. Alternatively, fill a small pot halfway with water and place a heat-safe bowl on top. Bring the water to a boil and add the chocolate to the bowl. Melt the chocolate, stirring often. Set aside and let cool slightly.
- 2 In a stand mixer with the whisk attachment, combine the cooled melted chocolate, Greek yogurt, cocoa powder, honey, vanilla, and salt.
- 3 Whip the mixture until smooth and creamy and then portion into containers or jars. Place in the fridge overnight or for at least eight hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Stand Mixer: Use a hand mixer or immersion blender with the whisk attachment.

Additional Toppings: Berries, coconut flakes, nuts and/or seeds.

No Dark Chocolate: Use chocolate chips instead.



Greek Yogurt with Strawberries, Chocolate & Pumpkin Seeds

1 serving
10 minutes

Ingredients

1 cup Plain Greek Yogurt
1/3 cup Strawberries (chopped)
2 tbsps Pumpkin Seeds
1/2 oz Dark Chocolate (chopped)
1/2 tsp Honey

Nutrition

Amount per serving	
Fat	19g
Carbs	27g
Fiber	3g
Protein	28g

Directions

- 1 Add all of the ingredients to a bowl and enjoy!

Notes

No Strawberries: Use raspberries, blackberries, or blueberries instead.



Apple Cinnamon Yogurt Bowl

2 servings

10 minutes

Ingredients

- 1 tsp Butter
- 1 Apple (large, peeled and cut into small cubes)
- 1/2 tsp Cinnamon
- 2 cups Plain Greek Yogurt
- 1/4 cup Pecans (chopped)
- 1/4 cup Almonds (chopped)
- 2 tbsps Peanut Butter

Nutrition

Amount per serving	
Fat	33g
Carbs	34g
Fiber	7g
Protein	31g

Directions

- 1 In a small saucepan over medium-low heat, add the butter. Once melted, add the apple and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often.
- 2 Divide the yogurt into bowls and top with the cooked apples, peanut butter, chopped almonds and chopped pecans. Enjoy!

Notes

Nut-Free: Omit the pecans and almonds and use pumpkin seeds or granola instead.

Additional Toppings: Top with a drizzle of honey or maple syrup.



Chocolate Protein Yogurt with Raspberries

1 serving
10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 1/2 cup Raspberries
- 2 tbsps Granola

Nutrition

Amount per serving	
Fat	9g
Carbs	29g
Fiber	6g
Protein	44g

Directions

- 1 Add the yogurt and protein powder to a large bowl. Use a hand mixer to whip until thoroughly combined and fluffy.
- 2 Place in a serving bowl and top with raspberries and granola. Enjoy!

Notes

Likes it Sweet: Drizzle with honey.

Additional Toppings: Top with different fruits such as strawberries, cherries, banana, or apple. Drizzle with nut/seed butter.

Protein Powder: I used Genuine Health Proteins+ in chocolate.



Chocolate Almond Butter Yogurt

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 tbsp Almond Butter
- 1 1/2 tsps Honey
- 1/2 oz Dark Chocolate (chopped)

Nutrition

Amount per serving	
Fat	17g
Carbs	24g
Fiber	3g
Protein	15g

Directions

- 1 Stir together the yogurt and almond butter in a small bowl. Top with honey and chocolate. Enjoy!

Notes

More Flavor: Add vanilla extract.

Additional Toppings: Top with shredded coconut, blueberries, strawberries, or banana.



Strawberry Whip

1 serving

5 minutes

Ingredients

1/2 cup Cottage Cheese
1/2 cup Strawberries
1 tsp Honey (or maple syrup to taste)
1/4 tsp Vanilla Extract
Salt (pinch)
2 tbsps Heavy Cream

Directions

1 Blend all ingredients well in a blender to make a smooth consistency.

Notes

No Strawberries: Use any berry or peaches.

No Cottage Cheese: Use plain Greek yogurt instead.

Nutrition

Amount per serving	
Fat	8g
Carbs	16g
Fiber	1g
Protein	13g



Cottage Cheese with Mixed Berries

1 serving

5 minutes

Ingredients

1 cup Cottage Cheese
1/2 cup Frozen Berries (or fresh)

Nutrition

Amount per serving	
Fat	9g
Carbs	17g
Fiber	3g
Protein	24g

Directions

- 1 Top the cottage cheese with frozen berries and enjoy!

Notes

Additional Toppings: Hemp seeds, crushed nuts, coconut flakes, and/or your sweetener of choice.



Whipped Cottage Cheese with Peaches & Cinnamon

2 servings

10 minutes

Ingredients

- 2 cups Cottage Cheese
- 2 Peach (pitted, thinly sliced)
- 1/4 cup Almonds (toasted)
- 2 tsps Honey
- 1/4 tsp Vanilla Extract
- 1/2 tsp Cinnamon

Directions

- 1 In a food processor, puree the cottage cheese until completely smooth. Add the honey and vanilla extract and pulse to combine.
- 2 Scrape the whipped cottage cheese into serving bowls, jars, or glasses. Top with the peaches and toasted almonds. Sprinkle with the cinnamon. Enjoy!

Nutrition

Amount per serving	
Fat	18g
Carbs	32g
Fiber	5g
Protein	29g



Almonds & Raspberries

1 serving

5 minutes

Ingredients

1/4 cup Almonds
1 cup Raspberries

Nutrition

Amount per serving	
Fat	19g
Carbs	22g
Fiber	12g
Protein	9g

Directions

- 1 Add the almonds and raspberries to a plate or bowl and enjoy!

Notes

No Almonds: Use pumpkin seeds or sunflower seeds instead of almonds.



Blueberry Chia Parfait

2 servings

30 minutes

Ingredients

1 3/4 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1 tbsp Maple Syrup (or honey)
1 cup Frozen Blueberries (thawed)
1/4 cup Slivered Almonds

Nutrition

Amount per serving	
Fat	22g
Carbs	34g
Fiber	13g
Protein	11g

Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup (or honey). Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 For blended/smooth version: Place all ingredients, except blueberries and slivered almonds, in blender and blend on high for 1-2 minutes until completely smooth.
- 3 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 4 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds: Use shredded coconut or hemp seeds instead.

Chia Will Not Gel: If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!



Chocolate Cherry Chia Pudding

1 serving
30 minutes

Ingredients

2 tbsps Chia Seeds
1/2 cup Unsweetened Almond Milk
2 tbsps Chocolate Protein Powder
1/3 cup Cherries (pitted, or use frozen)
1 1/2 tps Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Fat	11g
Carbs	20g
Fiber	8g
Protein	15g

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 If you don't like the texture of chia seeds: you can add the mixture to a blender and blend until completely smooth and creamy.
- 3 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in chocolate.

Likes it Sweet: Add a drizzle of maple syrup or honey.



Vanilla Chia Pudding with Berries

2 servings

3 hours

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 tsp Maple Syrup (or honey)
- 1 1/2 tsp Vanilla Extract
- 1/3 cup Chia Seeds
- 1/2 cup Blueberries

Nutrition

Amount per serving	
Fat	12g
Carbs	24g
Fiber	9g
Protein	6g

Directions

- 1 In a medium-sized bowl, whisk together the almond milk, maple syrup (or honey), and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
- 2 If you don't like the texture of chia seeds: you can add the mixture except the berries to a blender and blend until completely smooth and creamy.
- 3 Divide the chia pudding between bowls or containers and top with blueberries. Enjoy!



Apple with Almond Butter & Cinnamon

1 serving

5 minutes

Ingredients

- 1/2 Apple (sliced)
- 2 tbsps Almond Butter
- 1/4 tsp Cinnamon
- 1 tbsp Walnuts (chopped)

Nutrition

Amount per serving	
Fat	23g
Carbs	20g
Fiber	6g
Protein	8g

Directions

- 1 Spread apple slices with almond butter and sprinkle with cinnamon and the chopped walnuts.

Notes

No Almond Butter : Use peanut butter instead.

No Walnuts: Use any chopped nuts



Nutty Dark Chocolate Sea Salt Squares

16 servings

1 hour 30 minutes

Ingredients

- 1/2 cup Honey
- 2 tbsps Butter
- 1 cup Almonds (chopped or smashed)
- 1 cup Pumpkin Seeds
- 1 cup Walnuts (chopped)
- 5 1/4 ozs Dark Chocolate
- 1 tsp Sea Salt (coarse ground)

Nutrition

Amount per serving	
Fat	18g
Carbs	17g
Fiber	4g
Protein	5g

Directions

- 1 Line a 8x8 pan with parchment paper.
- 2 Heat the honey, butter and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
- 3 Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
- 4 Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
- 5 Add the dark chocolate in the smaller pot and stir until melted.
- 6 Line a baking sheet with parchment paper.
- 7 Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
- 8 Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt. Enjoy!



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds (optional)
1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Fat	15g
Carbs	22g
Fiber	11g
Protein	24g

Directions

1

Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

No Avocado: Use almond butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.



Chocolate Smoothie Bowl

1 serving

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder (or 1 scoop)
- 1 1/2 tsps Cocoa Powder
- 1 cup Unsweetened Almond Milk
- 1 1/2 cups Crushed Ice
- 1/2 cup Raspberries
- 1/4 cup Walnuts (chopped)

Nutrition

Amount per serving	
Fat	23g
Carbs	16g
Fiber	9g
Protein	26g

Directions

- 1 Pour the almond milk into a blender.
;
- 2 Add the protein powder and cocoa powder.
;
- 3 Add the ice on top and blend.
;
- 4 Pour into a bowl and top with the fruit and nuts.

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Veggies & Guacamole

1 serving

5 minutes

Ingredients

- 1/2 Carrot
- 1/2 Cucumber
- 1/2 cup Guacamole (store bought or homemade)

Nutrition

Amount per serving	
Fat	17g
Carbs	18g
Fiber	9g
Protein	4g

Directions

- 1 Peel and slice carrots and cucumbers into sticks.
- 2 Dip the veggies into the guac & enjoy!

Notes

No Carrot or Cucumber: Use bell peppers or any other vegetable.



Hummus Dippers

1 serving
15 minutes

Ingredients

1/4 Yellow Bell Pepper
1/4 Carrot
1 stalk Celery
1/4 cup Hummus (store bought or homemade)

Nutrition

Amount per serving	
Fat	11g
Carbs	15g
Fiber	5g
Protein	6g

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Use a small mason jar or tall container and fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Mix it Up: Substitute in different veggies like cucumber or zucchini.

No Hummus: Use guacamole, ranch or other dip.



Mixed Nuts

1 serving

5 minutes

Ingredients

1/4 cup Mixed Nuts

Nutrition

Amount per serving	
Fat	15g
Carbs	6g
Fiber	2g
Protein	5g

Directions

- 1 In a small bowl or container, combine a variety of mixed nuts. Enjoy!



Cherries & Mixed Nuts

1 serving

2 minutes

Ingredients

1/2 cup Cherries
1/4 cup Mixed Nuts

Nutrition

Amount per serving	
Fat	15g
Carbs	17g
Fiber	3g
Protein	6g

Directions

- 1 Wash cherries and place them in a bowl along with the mixed nuts. Enjoy!



Roasted Chickpeas

2 servings

30 minutes

Ingredients

2 cups Chickpeas (cooked, rinsed)
2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	9g
Carbs	45g
Fiber	12g
Protein	15g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

More Flavor: Add other dried herbs and spices to taste.



Roasted Edamame

2 servings

45 minutes

Ingredients

2 cups Frozen Edamame
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	15g
Carbs	14g
Fiber	8g
Protein	18g

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Garlic & Parmesan Roasted Edamame

1 serving
15 minutes

Ingredients

- 1 cup Frozen Edamame (thawed)
- 2 tsps Extra Virgin Olive Oil
- 2 tsps Parmigiano Reggiano
- 1/4 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Fat	26g
Carbs	15g
Fiber	9g
Protein	26g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, toss together the edamame, oil, parmesan cheese, garlic, salt, and pepper. Bake for 12 to 15 minutes, or until golden brown.
- 3 Add the hemp seeds, toss to combine, and enjoy!



Strawberries & Cheese

1 serving
5 minutes

Ingredients

1 cup Strawberries
3/4 oz Cheese String

Nutrition

Amount per serving	
Fat	4g
Carbs	12g
Fiber	3g
Protein	7g

Directions

- 1 Fresh strawberries and cheese string (any flavor). Enjoy!

Notes

No Strawberries : Use any berry or small fruit instead.



Cheese, Mixed Nuts & Raisins

1 serving

5 minutes

Ingredients

3/4 oz String Cheese
1/4 cup Mixed Nuts
1 tbsp Raisins (or unsweetened
cranberries)

Directions

- 1 Assemble all of the ingredients on a plate. Enjoy!

Nutrition

Amount per serving	
Fat	23g
Carbs	16g
Fiber	2g
Protein	11g



Almonds & Dark Chocolate

1 serving

3 minutes

Ingredients

1 oz Dark Chocolate
1/4 cup Almonds

Nutrition

Amount per serving	
Fat	29g
Carbs	21g
Fiber	7g
Protein	10g

Directions

- 1 Place in a bowl. Enjoy!



Tuna Salad, Apple & Almond Snack Box

2 servings

15 minutes

Ingredients

- 1 can Tuna (drained)
- 2 tbsps Mayonnaise
- 1/2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 oz Seed Crackers
- 1 Apple (medium, cored, sliced)
- 2 tbsps Almonds

Nutrition

Amount per serving	
Fat	18g
Carbs	24g
Fiber	6g
Protein	20g

Directions

- 1 In a small bowl, mix the tuna with mayonnaise, mustard, salt, and pepper until well combined.
- 2 Divide the tuna salad and the remaining ingredients evenly between plates or containers with separate compartments. Enjoy!



Apple & Cheese Slices

1 serving

5 minutes

Ingredients

- 1/2 Apple (sliced)
- 1 oz Cheddar Cheese (cut into squares)

Directions

- 1 Add the apple and cheese to a plate or sealable container. Enjoy!

Nutrition

Amount per serving	
Fat	10g
Carbs	14g
Fiber	2g
Protein	7g



Apricot & Cheese Prosciutto Bites

3 servings

10 minutes

Ingredients

4 ozs Prosciutto
4 ozs Cheddar Cheese (sliced)
1/2 cup Dried Apricots

Directions

1

Take a piece of prosciutto and add a piece of cheese and apricot. Gently wrap it and insert a toothpick. Repeat with the remaining ingredients. Serve and enjoy!

Nutrition

Amount per serving	
Fat	17g
Carbs	15g
Fiber	2g
Protein	19g



Tuna, Grapes, Cheese & Veggie Snack Box

1 serving

5 minutes

Ingredients

1/2 can Tuna
2 tsps Mayonnaise
Sea Salt & Black Pepper (to taste)
1/2 cup Snap Peas
1 Carrot (sliced into sticks)
1 oz Cheddar Cheese (sliced or cubed)
1/2 cup Grapes

Directions

- 1 Mix the tuna and mayonnaise together. Season with salt and pepper.
- 2 Add everything to a snack box container and enjoy!

Nutrition

Amount per serving	
Fat	18g
Carbs	18g
Fiber	3g
Protein	24g



Turkey & Cheese Skewers

2 servings

10 minutes

Ingredients

- 1/4 Cucumber (medium, sliced)
- 4 ozs Sliced Turkey Breast
- 4 ozs Cheddar Cheese (cubed)
- 4 Barbecue Skewers (small)

Nutrition

Amount per serving	
Fat	21g
Carbs	4g
Fiber	0g
Protein	21g

Directions

- 1 Take a barbecue skewer and thread a piece of cucumber, sliced turkey, and cheese. Then add a slice of cucumber, a slice of turkey and another piece of cheese. Repeat with each skewer until all of the ingredients are used up.
- 2 Serve and enjoy!

Notes

No Sliced Turkey: Use sliced ham.



Deli Roast Beef & Cheese

1 serving

5 minutes

Ingredients

- 3 ozs Deli Roast Beef (sliced)
- 1 1/2 ozs Cheddar Cheese (sliced)

Nutrition

Amount per serving	
Fat	18g
Carbs	1g
Fiber	0g
Protein	29g

Directions

- 1 Serve the deli roast beef slices with the cheddar cheese. Enjoy!



Blueberries & Almonds

1 serving

5 minutes

Ingredients

1/4 cup Almonds
1/2 cup Blueberries

Directions

- 1 Serve the almonds with the blueberries and enjoy!

Nutrition

Amount per serving	
Fat	18g
Carbs	18g
Fiber	6g
Protein	8g



Chocolate Yogurt

1 serving
10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/8 tsp Vanilla Extract
- 1 tsp Maple Syrup (or honey)
- 2 1/4 tsps Cocoa Powder
- 1/4 tsp Cinnamon
- 1/4 cup Strawberries (sliced)
- 2 tbsps Almonds (chopped)

Nutrition

Amount per serving	
Fat	15g
Carbs	26g
Fiber	5g
Protein	27g

Directions

- 1 In a bowl, combine the yogurt, vanilla extract, maple syrup (or honey), cocoa powder and cinnamon. Whisk together until evenly combined.
- 2 Put into a bowl and top with strawberries and almonds. Enjoy!

Notes

Nut-Free: Use pumpkin seeds, sunflower seeds or shredded coconut instead of almonds.

Additional Toppings: Top with blueberries or raspberries.