



Welcome!

These snack recipes are to make blood-sugar-friendly snacking feel simple, satisfying, and stress-free. These snacks are here to support you between meals, curb cravings, and keep your energy steady—without rules, guilt, or perfection required.

Every snack in this book is designed with **balance in mind**. Each recipe includes **protein, healthy fat and fiber** because all three work together to help you feel full, calm cravings, and avoid blood sugar spikes and crashes.

These snacks are also meant to be **flexible**. If you don't like an ingredient, don't have it on hand, or simply prefer something else, swap it out for something you enjoy. Snacks should work for your tastes and your real life, not the other way around.

How to Use

Use these recipes in whatever way feels most supportive. Prep snacks ahead of time, keep a few favourites on repeat, or grab ideas as needed. There are no “perfect” snacks here—only nourishing ones.

If you want to stay organized, simply choose the snacks you want to make and write them down on a blank weekly meal plan template.

You can print a blank meal plan template [here](#).

Most importantly, these snacks are about **progress, not perfection**. Make these snacks *your* own, trust your body, and remember that small, consistent choices add up over time.

Happy snacking!



Chocolate Almond Bars

24 servings

6 hours 50 minutes

Ingredients

- 1 3/4 cups Almond Flour
- 2 tbsps Cocoa Powder
- 1/4 cup Sugar
- 2 tsps Vanilla Extract
- 1 cup Almond Butter (smooth and drippy, divided)
- 1/4 tsp Sea Salt
- 1/4 cup Unsweetened Almond Milk
- 1/2 cup Maple Syrup (or honey)
- 1/3 cup Butter
- 2 1/4 cups Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	20g
Carbs	22g
Fiber	2g
Protein	6g

Directions

- 1 Line an 8 x 8-inch pan with parchment paper going both directions.
- 2 In a food processor, pour in the almond flour, cocoa powder, sugar, vanilla, half the almond butter, and salt. Process until the mixture comes together. Add the milk and pulse to combine. The mixture should hold together when pressed between your fingers.
- 3 Pour the mixture into the lined pan and press down firmly to create a smooth surface. Place in the freezer while you make the filling.
- 4 In a medium-sized microwave-safe bowl, combine the remaining almond butter, maple syrup (or honey) and butter. Microwave on high for 30 to 45 seconds until the mixture is smooth. Whisk well to combine. Remove the pan from the freezer and pour the caramel mixture over top. Place in the freezer for six hours (or overnight) to harden.
- 5 In a large bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 6 Remove the pan from the freezer and slice into even bars. Carefully dip each bar into the chocolate and place on a parchment-lined plate. Place in the fridge for 30 minutes to harden. When ready to eat, remove from the fridge and enjoy!

Notes

Almond Butter: This works best with very smooth and drippy almond butter.



Banana Walnut Chocolate Chip Cookies

18 servings

1 hour 30 minutes

Ingredients

- 1 Egg
- 1/2 cup Coconut Sugar
- 1/3 cup Butter (melted, cooled)
- 1 tsp Vanilla Extract
- 1 Banana (ripe, roughly chopped)
- 1 3/4 cups Unbleached All Purpose Flour
- 3/4 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/2 cup Walnuts (chopped)
- 1/2 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	8g
Carbs	19g
Fiber	1g
Protein	3g

Directions

- 1 In a large mixing bowl whisk together the egg and coconut sugar until smooth and fluffy. Add the butter, vanilla, and banana and whisk until well combined. Add the flour, baking soda, and salt and mix until a dough forms.
- 2 Fold in the walnuts and chocolate chips. Refrigerate the dough for one hour.
- 3 Preheat the oven to 350°F (180°C) and line a large baking sheet with parchment paper.
- 4 Scoop about two tablespoons of dough per cookie and form into a ball. Place on the baking sheet and slightly flatten, leaving space between cookies.
- 5 Bake for eight to nine minutes. Let the cookies cool for five minutes before transferring them to a cooling wrack for another five minutes. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to two days. Refrigerate or freeze if longer.

More Flavor: Sprinkle flaky sea salt on each cookie after baking.



Peanut Butter Chocolate Oat Muffins

6 servings

25 minutes

Ingredients

- 1/4 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup (or honey)
- 3/4 cup Unsweetened Almond Milk
- 1/2 cup Quick Oats
- 1/2 cup Oat Flour
- 1 1/2 tsp Baking Powder
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips
- 2 tbsps Almonds (or any other nut)

Nutrition

Amount per serving	
Fat	13g
Carbs	31g
Fiber	3g
Protein	7g

Directions

- 1 Preheat the oven to 350°F (176°C) and line a muffin tin with baking cups or use a silicone muffin tray.
- 2 In a mixing bowl combine the peanut butter and maple syrup (or honey) then stir in the almond milk.
- 3 Add the oats, oat flour, baking powder, cinnamon, and salt to the bowl and stir until combined. Fold in the chocolate chips.
- 4 Divide the batter between the baking cups and bake for 14 to 16 minutes or until a toothpick inserted into the center of the muffin comes out with just a few moist crumbs.
- 5 Transfer the muffins to a cooling rack to cool completely. Enjoy with almonds on the side!

Notes

Leftovers: Keep in an airtight container for up to three days. Freeze for up to three months.

No Almond Milk: Use another milk.



Almond Oatmeal Bars

8 servings

35 minutes

Ingredients

- 1 cup Oats (rolled)
- 1/4 cup Almond Flour
- 1/4 tsp Baking Soda
- 1/4 tsp Baking Powder
- 1/4 tsp Salt
- 2 tps Butter (melted)
- 2 Egg
- 1/4 cup Maple Syrup (or honey)
- 1/4 cup Almond Butter
- 1/2 tsp Vanilla Extract
- 1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	11g
Carbs	20g
Fiber	2g
Protein	6g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking pan with parchment paper.
- 2 In a large bowl, combine the oats, almond flour, baking soda, baking powder and salt. Mix well.
- 3 Add the melted butter to a medium bowl along with the eggs, maple syrup (or honey), almond butter, and vanilla extract. Mix well. Pour the wet ingredients into the dry ingredients and mix until combined. Fold in the chocolate chips.
- 4 Pour the mixture into the pan and bake for 20 to 25 minutes.
- 5 Remove from the oven and let cool completely before slicing. Enjoy!

Notes

Baking Pan Size: Use an 8x8 inch baking pan.

No Almond Butter: Use sunflower seed, cashew or peanut butter instead.



Protein Packed Deviled Eggs

1 serving
20 minutes

Ingredients

2 Egg (hard boiled)
1/2 can Tuna (drained)
1/4 Avocado
1/2 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/4 tsp Paprika
1/4 Cucumber (sliced)

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Nutrition

Amount per serving	
Fat	18g
Carbs	8g
Fiber	4g
Protein	30g



Warm Apples with Almond Butter

1 serving
15 minutes

Ingredients

- 1 tsp Butter
- 1/2 Apple (diced)
- 1/2 tsp Cinnamon (ground)
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Fat	22g
Carbs	20g
Fiber	6g
Protein	7g

Directions

- 1 Heat the butter in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 2 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

Notes

- No Almond Butter:** Use peanut butter or sunflower seed butter instead.
- No Apples:** Use pears instead.



Cucumbers With Almonds

1 serving

5 minutes

Ingredients

- 1/2 Cucumber
- Sea Salt (to taste)
- 1/4 cup Almonds (or other nuts)

Nutrition

Amount per serving	
Fat	18g
Carbs	13g
Fiber	5g
Protein	9g

Directions

- 1 Slice the cucumber, add salt and serve with almonds. Enjoy!



Apple & Almonds

1 serving
5 minutes

Ingredients

1/2 Apple (sliced)
1/4 cup Almonds

Nutrition

Amount per serving	
Fat	18g
Carbs	20g
Fiber	7g
Protein	8g

Directions

1 Core apple and cut it into slices. Serve with almonds.

Notes

No Apple: Use berries or a pear instead.

No Almonds: Use any other nuts.



Quick Egg Salad Wrap

1 serving

15 minutes

Ingredients

- 2 Egg (hardboiled)
- 2 tbsps Mayonnaise
- 1 leave Romaine (or any lettuce)

Nutrition

Amount per serving	
Fat	30g
Carbs	2g
Fiber	1g
Protein	13g

Directions

- 1 To make hard boiled eggs: Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 4 Mash two eggs with the mayo and wrap inside one lettuce leaf. Enjoy!

Notes

Leftovers: Refrigerate remaining eggs in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



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.



Raspberries & Almonds

1 serving

3 minutes

Ingredients

3/4 cup Raspberries

1/4 cup Almonds

Nutrition

Amount per serving	
Fat	18g
Carbs	19g
Fiber	10g
Protein	9g

Directions

- 1 Wash berries and serve with nuts/seeds. Enjoy!



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!



Cream Cheese & Jam Crackers

2 servings

5 minutes

Ingredients

1 1/16 ozs Whole Grain Crackers
2 tbsps Cream Cheese, Regular
2 tbsps Raspberry Jam
1/2 cup Raspberries

Directions

1

Layer each cracker with cream cheese and jam. Top each with a raspberry.
Enjoy!

Nutrition

Amount per serving	
Fat	8g
Carbs	21g
Fiber	3g
Protein	3g



Cucumber Hummus Bites

1 serving

10 minutes

Ingredients

1/4 Cucumber (large)

1/4 cup Hummus

1/8 tsp Black Pepper

Nutrition

Amount per serving	
Fat	11g
Carbs	12g
Fiber	4g
Protein	5g

Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

Notes

More Flavour: Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.



Inside Out Almond Joys

24 servings

15 minutes

Ingredients

4 1/4 ozs Dark Chocolate (chopped)
1 tsp Butter
1 cup Almonds
1/4 cup Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Fat	6g
Carbs	4g
Fiber	1g
Protein	2g

Directions

- 1 Microwave dark chocolate and the butter in a large glass bowl at 50% power for 30 seconds at a time until melted. Stir well to combine.
- 2 Meanwhile, line a baking sheet with parchment paper.
- 3 Add almonds to the melted chocolate and stir to combine. Use a spoon to drop small, even clusters (containing about 4 to 5 almonds each) onto the parchment paper. The number of clusters you make should be equal to your serving size.
- 4 Sprinkle coconut overtop of each cluster immediately. Transfer to the freezer until the clusters are set, about 15 minutes.
- 5 Remove from the freezer and enjoy!

Notes

No Almonds: Use hazelnuts or peanuts instead.

No Coconut: Use hemp seeds instead.



Blueberry Protein Muffins

6 servings

23 minutes

Ingredients

1/3 cup All Purpose Flour (+ 1 tbsp reserved)
1/3 cup Whole Wheat Flour
2/3 cup Vanilla Protein Powder
1/2 tsp Baking Powder
1/4 tsp Salt
1/2 cup Plain Greek Yogurt
1 Egg
1/2 cup Unsweetened Applesauce
1/3 cup Sugar
1 tsp Vanilla Extract
1 cup Blueberries

Nutrition

Amount per serving	
Fat	2g
Carbs	31g
Fiber	3g
Protein	13g

Directions

- 1 Preheat oven to 400 degrees. Line a muffin tin with liners or use non-stick spray.
- 2 In a large bowl combine flours, protein powder, baking powder and salt.
- 3 In a medium sized bowl whisk together yogurt, egg, applesauce, sugar and vanilla.
- 4 Add wet ingredients to the flour mixture and mix until just combined.
- 5 Place blueberries in a small bowl and coat with reserved 1 tbsp flour.
- 6 Gently fold blueberries into batter.
- 7 Fill the prepared muffin tin, nearly filling each muffin to the top. This should make about 6 muffins.
- 8 Bake muffins at 400 for 18-20 minutes until golden brown and a toothpick inserted comes out clean.
- 9 Allow to cool fully and enjoy!

Notes

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



Fruit-On-The-Bottom Chia Pudding

1 serving
30 minutes

Ingredients

- 2 tbsps Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 1/4 cup Frozen Berries (thawed)
- 1 tbsp Almond Butter
- 1 tsp Maple Syrup (or honey)

Nutrition

Amount per serving	
Fat	18g
Carbs	23g
Fiber	9g
Protein	8g

Directions

- 1 In a large bowl, combine the chia seeds with the sweetener and almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Place the thawed berries in a jar and add the chia pudding mixture on top. Top with almond butter and enjoy!



Maple Almond Popcorn

4 servings

15 minutes

Ingredients

4 cups Popcorn
1 cup Almonds
1 tbsp Maple Syrup
2 tsp 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!



Banana Protein Muffins

8 servings

25 minutes

Ingredients

1/3 cup All Purpose Flour
1/3 cup Whole Wheat Flour
2/3 cup Protein Powder
1/2 tsp Baking Powder
1/4 tsp Salt
1 1/2 Banana (large)
1 Egg
1/2 cup Plain Greek Yogurt
1/3 cup Sugar
1/2 tsp Vanilla Extract
1/4 cup Chocolate Chips

Nutrition

Amount per serving	
Fat	4g
Carbs	25g
Fiber	2g
Protein	10g

Directions

- 1 Preheat oven to 400 degrees. Line a muffin tin with paper liners, silicone liners or use non-stick spray.
- 2 In a medium sized bowl combine flours, protein powder, baking powder and salt.
- 3 In a large bowl mash your banana and add yogurt, egg, sugar and vanilla.
- 4 Add flour mixture to the wet ingredients and mix until just combined. Fold in chocolate chips.
- 5 Fill the prepared muffin tin, nearly filling each muffin to the top. This should make 8 muffins.
- 6 Bake muffins at 400 for 18-20 minutes until golden brown and a toothpick inserted comes out clean.
- 7 Allow to cool fully and enjoy!

Notes

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



Chocolate Peanut Butter Eggs

9 servings

1 hour

Ingredients

- 1/2 cup Almond Butter (or peanut butter)
- 1 cup Almond Flour
- 1/8 tsp Salt
- 3 1/2 ozs Dark Chocolate

Nutrition

Amount per serving	
Fat	18g
Carbs	10g
Fiber	4g
Protein	6g

Directions

- 1 In a bowl, combine the almond butter and salt. Add half of the almond flour and mix well. Continue to add remaining almond flour 1 tbsp at a time until you reach a thick, cookie-dough like consistency. The consistency should be thick enough to mould with your hands. The amount of almond flour required will vary depending on original consistency and oiliness of your almond butter.
- 2 Line a large baking sheet with parchment paper. Use a tablespoon to measure out even amounts of dough and drop them onto the baking sheet. Then form each dollop into an egg shape using your hands. Place the baking sheet in the freezer for at least 20 minutes to harden while you prepare the chocolate.
- 3 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 4 Line another baking sheet with wax or parchment paper. Take one egg out of the freezer at a time to avoid them becoming too soft. Gently set the egg on top of the prongs of a fork (do not pierce it) and run it through the melted chocolate. Tip the pot to one side to create a deeper pool of chocolate for dipping and have a spoon handy to spoon chocolate over the egg in hard to reach places. Lift the egg out of the chocolate and let the excess chocolate drip off.
- 5 Once the chocolate has stopped dripping, transfer to the baking sheet by tipping the fork vertically until the egg slides off onto the sheet. Use a spatula to help guide it off if it sticks. Repeat with all eggs and then place the baking sheet back into the freezer to harden. Store eggs in an air-tight container in the fridge or freezer to keep them fresh. Enjoy!



Lemon Poppy Seed Muffins

9 servings

45 minutes

Ingredients

- 1/2 cup Coconut Flour
- 1/3 cup Maple Syrup (or honey)
- 6 Egg
- 1/3 cup Butter (melted)
- 1/4 tsp Sea Salt
- 1 Lemon (zested and juiced)
- 1 tbsp Poppy Seeds

Nutrition

Amount per serving	
Fat	11g
Carbs	12g
Fiber	2g
Protein	5g

Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin tray with liners.
- 2 In a large mixing bowl, combine coconut flour, maple syrup (or honey), eggs, butter and salt. Stir well to combine. Add in lemon zest, lemon juice and poppy seeds. Mix well.
- 3 Use a ¼ measuring cup to ladle the batter into the muffin tray. Place in oven and bake for 35 minutes.
- 4 Remove from oven and let cool. Enjoy!

Notes

Make it sweeter: Serve with a drizzle of honey.



Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Raspberries (or any berry)
- 2 tbsps Walnuts (chopped)
- Cinnamon (sprinkle)
- 1/4 tsp Maple Syrup (or honey)

Directions

1

Place yogurt into bowl, mix in maple syrup (or honey). Top with berries and walnuts, sprinkle with cinnamon. Enjoy!

Notes

No Walnuts: Use any chopped nuts.

Nutrition

Amount per serving	
Fat	15g
Carbs	23g
Fiber	5g
Protein	25g



Coconut Apricot Granola

8 servings

20 minutes

Ingredients

2 cups Unsweetened Coconut Flakes
1/2 cup Dried Apricots (chopped)
2 tbsps Coconut Oil (melted)
2 tbsps Maple Syrup (or honey)
1 tsp Cinnamon
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Fat	17g
Carbs	14g
Fiber	3g
Protein	2g

Directions

- 1 Preheat the oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 2 In a medium-sized bowl add the coconut flakes, dried apricots, melted coconut oil, maple syrup (or honey), cinnamon and sea salt. Mix well.
- 3 Place the mixture on the prepared baking sheet and flatten it out with the back of a spoon. Bake for 14 minutes, stirring halfway through.
- 4 Let it cool on the baking sheet for 5 to 10 minutes. Serve and enjoy!

Notes

More Flavor: Add more spices such as ginger, nutmeg or cloves.

Leftovers: Store in an airtight container for up to seven days.



Cucumber Tuna Bites

1 serving

5 minutes

Ingredients

1/2 can Tuna (flaked and drained)
1 tbsp Mayonnaise
1/2 Cucumber (large, sliced into rounds)
2 tbsps Sesame Seeds

Nutrition

Amount per serving	
Fat	20g
Carbs	10g
Fiber	3g
Protein	20g

Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture, sprinkle sesame seeds on top. Enjoy!

Notes

No Tuna: Use salmon, chicken or other meat instead.

More Flavor: Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.



Crunchy Yogurt Clusters

12 servings

2 hours

Ingredients

3/4 cup Plain Greek Yogurt
1/2 cup Almonds
1/4 cup Cashews
1/4 cup Pumpkin Seeds
1/4 cup Dried Unsweetened
Cranberries

Nutrition

Amount per serving	
Fat	6g
Carbs	5g
Fiber	1g
Protein	4g

Directions

- 1 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 2 Add all ingredients in a bowl and mix well to combine. Scoop the mixture and transfer to the lined baking sheet, forming clusters of about 2 to 2.5 inches.
- 3 Freeze for at least 2 hours before serving. Enjoy!

Notes

Leftovers: Keep frozen in an airtight container or freezer bag. Line with parchment paper between pieces if needed.

More Flavor: Add maple syrup.



Peanut Butter Cookies

18 servings

15 minutes

Ingredients

- 1 cup Peanut Butter
- 3 tbsps Maple Syrup (or honey)
- 1/2 tsp Baking Powder
- 1 Egg
- 1/2 cup Chocolate Chips (optional)

Nutrition

Amount per serving	
Fat	10g
Carbs	9g
Fiber	1g
Protein	4g

Directions

- 1 Preheat the oven to 350 degrees and line a cookie sheet with parchment paper.
- 2 In a bowl mix together all ingredients until well combined. Scoop about a tablespoon amount of batter and roll into a ball, place on the cookie sheet and press with a fork.
- 3 Repeat until all the batter is used. Makes about 18 cookies. Bake for 10-12 minutes. Let cool completely, then enjoy!

Notes

Storage: Store the cookies in an airtight container on the counter for 5 days. Cookies can also be frozen up to 3 months.



Cheddar Cheese & Cucumber

1 serving
5 minutes

Ingredients

2 ozs Cheddar Cheese (cubed)
1/2 Cucumber (sliced)

Directions

- 1 Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

Nutrition

Amount per serving	
Fat	19g
Carbs	7g
Fiber	1g
Protein	14g



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.



Banana Muffins

12 servings

30 minutes

Ingredients

- 2 Banana
- 2 Egg
- 1/2 cup Almond Butter
- 1 tsp Vanilla Extract
- 1/4 cup Honey
- 2 cups Almond Flour
- 1 tsp Baking Soda
- 1/4 tsp Salt
- 3/4 cup Chocolate Chips

Nutrition

Amount per serving	
Fat	21g
Carbs	24g
Fiber	4g
Protein	8g

Directions

- 1 Preheat oven to 350 degrees and line a muffin tin with liners or use non-stick spray. Set aside.
- 2 In a large bowl mash bananas well. Add eggs, almond butter, vanilla and honey. Mix well.
- 3 Add almond flour, baking soda and salt. Stir until just combined. Fold in chocolate chips.
- 4 Pour batter into muffin in and bake for 25 minutes, or until a toothpick when inserted comes out clean. Allow to cool and enjoy!

Notes

No Almond Butter: Use peanut butter instead.



Protein Berry Oatmeal Cups

12 servings

35 minutes

Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup (or honey)
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Butter (melted)
- 1 1/2 cups Frozen Berries (thawed)

Nutrition

Amount per serving	
Fat	3g
Carbs	22g
Fiber	3g
Protein	6g

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Add mashed banana, eggs, maple syrup (or honey) and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted butter. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tray and bake for 18 to 20 minutes. Remove, let cool and enjoy!

Notes

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

No Frozen Berries: Use fresh berries instead.



Pumpkin Chocolate Chip Muffins

12 servings

30 minutes

Ingredients

- 1 cup Pureed Pumpkin
- 2 Eggs
- 1/2 cup Almond Butter
- 1 tsp Vanilla Extract
- 2/3 cup Sugar
- 2 cups Almond Flour
- 2 tsp Pumpkin Pie Spice
- 1 tsp Baking Soda
- 1/4 tsp Salt
- 1/2 cup Chocolate Chips (mini)

Nutrition

Amount per serving	
Fat	19g
Carbs	21g
Fiber	4g
Protein	8g

Directions

- 1 Preheat oven to 350 degrees and line a muffin tin with liners or use non-stick spray. Set aside.
- 2 In a large bowl combine pumpkin, eggs, almond butter, sugar and vanilla. Mix well.
- 3 Now, add almond flour, pumpkin pie spice, baking soda and salt. Stir until just combined.
- 4 Add in chocolate chips.
- 5 Pour batter into muffin in and bake for 25 minutes, or until a toothpick when inserted comes out clean. Allow to cool and enjoy!



Almond Butter Cups

12 servings

1 hour

Ingredients

3/4 cup Butter (melted)
1/2 cup Cocoa Powder
3 tbsps Maple Syrup (or honey)
Salt (Pinch)
3/4 cup Almond Butter
1 tsp Sea Salt (for topping)

Nutrition

Amount per serving	
Fat	21g
Carbs	8g
Fiber	3g
Protein	4g

Directions

- 1 Whisk the butter, cocoa powder, maple syrup (or honey), and a pinch of salt. Fill a regular size muffin tin with paper liners. Pour a small amount of the cocoa mixture (1-2 tablespoons) into the paper cups. Freeze for 15 minutes.
- 2 Drop a small spoonful of the almond butter (2-3 teaspoons) into the center of each cup. If the almond butter is sticky, gently press it down so each cup has a smooth layer. Divide remaining chocolate among the cups.
- 3 Divide remaining chocolate among the cups. Sprinkle top of each almond butter cup with a pinch of coarse sea salt. Freeze for one hour or until solid.

Notes

No Almond Butter: Use peanut butter instead.



Turkey Roll Ups

1 serving

5 minutes

Ingredients

- 1/2 Avocado (sliced thin)
- 3 1/2 ozs Sliced Turkey Breast
- 1/4 Cucumber (sliced thin)

Nutrition

Amount per serving	
Fat	19g
Carbs	14g
Fiber	7g
Protein	17g

Directions

1

Layer the sliced avocado on top of the sliced turkey breast and top with cucumber. Roll into a wrap and serve!

Notes

No Turkey: Use chicken or another deli meat instead

More Flavour: Add a condiment such as mustard or mayonnaise. Add spices of your choice.



Apple Spice Muffins

12 servings

40 minutes

Ingredients

- 1 1/4 cups Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 2 Apple (cored and finely diced)
- 4 Egg (whisked)
- 1/4 cup Butter (melted)
- 1/4 cup Maple Syrup (or honey)
- 1/3 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Fat	12g
Carbs	13g
Fiber	3g
Protein	5g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with wrappers.
- 2 Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, butter, maple syrup (or honey) and almond milk. Stir until all ingredients are evenly distributed then divide into muffin tins. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
- 3 Bake for 25 to 30 minutes. Let cool completely and enjoy!

Notes

No Apples: Use pears instead.



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.



No Bake Mini Cookie Dough Cups

11 servings

1 hour 20 minutes

Ingredients

- 3/4 cup Almond Butter
- 1/3 cup Maple Syrup (or honey)
- 1 tsp Vanilla Extract
- 1 cup Oat Flour
- 1/4 tsp Sea Salt (plus flaky salt for garnish)
- 3/4 cup Dark Chocolate Chips
- 1 tbsp Butter (melted)

Nutrition

Amount per serving	
Fat	17g
Carbs	26g
Fiber	3g
Protein	7g

Directions

- 1 Line a mini muffin tray with liners. In a large bowl, combine the almond butter, maple syrup (or honey), and vanilla. Add the oat flour and salt, and use a spatula to mix well until a dough forms.
- 2 Press about one tablespoon of mixture into the bottom of each lined muffin cup, pressing down lightly to make a smooth, flat top.
- 3 Melt the chocolate and butter in a saucepan on low or in the microwave for 30-second intervals.
- 4 Spoon the chocolate over the cookie dough and sprinkle with flaky salt. Transfer the muffin tray to the fridge for one hour, or until the chocolate has hardened. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months. If freezing, thaw for five to ten minutes before serving.



Pear, Seeds & Cheese

1 serving
5 minutes

Ingredients

1/2 Pear
2 tbsps Sunflower Seeds (or any seeds)
1 oz Cheddar Cheese

Nutrition

Amount per serving	
Fat	18g
Carbs	18g
Fiber	5g
Protein	10g

Directions

1 Cut pear in half. Serve with cheese and sunflower seeds.

Notes

No Pear: Use berries, 1/2 an apple, peach or other small fruit instead.

No Sunflower Seeds: Use any other seeds or could use chopped nuts.



Pita Chips & Cheese

1 serving
5 minutes

Ingredients

2 ozs Cheddar Cheese (cut into squares)
3/4 oz Pita Chips

Nutrition

Amount per serving	
Fat	22g
Carbs	16g
Fiber	1g
Protein	15g

Directions

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



Chocolate Stuffed Raspberries

4 servings

5 minutes

Ingredients

2 cups Raspberries (washed)
1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	5g
Carbs	15g
Fiber	4g
Protein	2g

Directions

1

Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!



Frozen Yogurt Covered Blueberries

4 servings

40 minutes

Ingredients

2 cups Blueberries (fresh or frozen, not wild)

1/4 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Fat	1g
Carbs	11g
Fiber	2g
Protein	2g

Directions

- 1 In a bowl, combine blueberries and yogurt until well coated.
- 2 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 3 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

Notes

Kid-Friendly: Serve just a few at a time as these will melt quickly after handling.



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.



Blackberries & Seeds

1 serving
5 minutes

Ingredients

1 cup Blackberries
2 tbsps Pumpkin Seeds (or any seeds)

Nutrition

Amount per serving	
Fat	7g
Carbs	16g
Fiber	10g
Protein	6g

Directions

1 Wash and serve with seeds. Enjoy!

Notes

No Blackberries : Use any berry instead.



Peach with Cottage Cheese

1 serving

5 minutes

Ingredients

1/4 cup Cottage Cheese
1 Peach (medium, sliced)

Nutrition

Amount per serving	
Fat	3g
Carbs	16g
Fiber	2g
Protein	7g

Directions

1

Combine the cottage cheese and peach in a bowl or container if on-the-go. Enjoy!

Notes

Additional Toppings: Top with hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.



Tuna Salad Plate

1 serving

5 minutes

Ingredients

1 can Tuna (drained, broken into chunks)
1/2 Avocado (pit removed)
1/4 cup Mayonnaise
1/4 Cucumber (sliced)
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	58g
Carbs	12g
Fiber	7g
Protein	35g

Directions

1

Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

No Tuna: Use sardines or salmon instead.



Rice Cake with Almond Butter & Chia Jam

12 servings

30 minutes

Ingredients

1 1/2 cups Frozen Blueberries
3 tbsps Lemon Juice
2 tbsps Maple Syrup (or honey)
1 tbsp Chia Seeds
12 Plain Rice Cake
3/4 cup Almond Butter

Nutrition

Amount per serving	
Fat	9g
Carbs	16g
Fiber	3g
Protein	4g

Directions

- 1 Add the blueberries, lemon juice and maple syrup (or honey) to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
- 2 Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
- 3 Remove from the heat and let it cool. The jam will continue to thicken as it cools.
- 4 Once the jam has cooled, spread the almond butter and chia seed jam evenly on top of the rice cakes. Enjoy!

Notes

More Flavor: Add vanilla extract to the chia jam.

No Blueberries: Use strawberries or raspberries instead.



Raspberry Chia Pudding

1 serving
30 minutes

Ingredients

- 1/2 cup Unsweetened Almond Milk
- 1 tbsp Chia Seeds
- 1/2 tsp Cinnamon
- 1/4 cup Almonds (crushed)
- 1 tbsp Honey (or maple syrup)
- 1/4 cup Raspberries

Nutrition

Amount per serving	
Fat	23g
Carbs	35g
Fiber	11g
Protein	10g

Directions

- 1 Mix almond milk, chia seeds, sweetener and cinnamon in a bowl. Let sit for 10 - 20 minutes or until the milk has become a thick jelly.
- 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 Transfer into jar. Then add almonds. Top with raspberries.



Dark Chocolate Almond Mousse

5 servings

3 hours 5 minutes

Ingredients

2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/2 cup Cocoa Powder
1/4 cup Almond Butter
3 tbsps Honey
1 tsp Vanilla Extract
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Fat	16g
Carbs	26g
Fiber	10g
Protein	8g

Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Additional Toppings: Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter: Use another nut or seed butter instead.



Mint Chocolate Fat Bombs

8 servings

50 minutes

Ingredients

- 1/2 cup Almond Butter
- 1/4 cup Coconut Oil
- 3 tbsps Cocoa Powder
- 1/2 tsp Vanilla Extract
- 1/2 tsp Peppermint Extract
- 2 tbsps Honey

Nutrition

Amount per serving	
Fat	16g
Carbs	8g
Fiber	2g
Protein	4g

Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 3 Add the almond butter and coconut oil to the smaller pot and allow them to melt and stir to combine. Stir in the cocoa powder.
- 4 In a small bowl combine the vanilla, mint, honey and stir. Add this to the almond butter mixture and stir well to combine.
- 5 Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

Notes

Leftovers: Keep in the freezer for up to one month. They will melt at room temperature.

No Almond Butter: Use cashew butter or sunflower seed butter instead.

No Paper Baking Cups: Use a silicone mold instead.



Salted Peanut Fat Bombs

6 servings

50 minutes

Ingredients

1/2 cup All Natural Peanut Butter
1/4 cup Coconut Oil
1/4 tsp Sea Salt
1 tbsp Maple Syrup

Nutrition

Amount per serving	
Fat	20g
Carbs	7g
Fiber	1g
Protein	5g

Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 3 Add the peanut butter and coconut oil to the smaller pot. Allow them to melt and stir to combine. Stir in the salt and maple syrup.
- 4 Divide the peanut butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for at least 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

Notes

Leftovers: Keep fat bombs in the freezer for up to one month. Fat bombs will melt at room temperature.

Additional Toppings: Flaked sea salt.



Chocolate Coconut Fat Bombs

8 servings

30 minutes

Ingredients

3/4 cup Coconut Oil
1/3 cup Cacao Powder
2 tbsps Honey
1/8 tsp Sea Salt
1 cup Raspberries

Nutrition

Amount per serving	
Fat	22g
Carbs	8g
Fiber	2g
Protein	1g

Directions

- 1 Melt the coconut oil in a pot over low heat. Add the cacao powder and sugar. Stir very well to combine or mix in a blender.
- 2 Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Notes

No Coconut Oil: Use coconut butter instead.

No Silicone Mold: Use parchment-lined mini muffin molds.

Storage: Refrigerate in an air-tight container for up to 7 days. Freeze for up to 3 months.



Chocolate Coconut Peanut Butter Bites

18 servings

1 hour

Ingredients

- 1/3 cup Unsweetened Shredded Coconut
- 1/4 cup Butter
- 1/4 cup Maple Syrup (or honey)
- 1/2 cup Cocoa Powder
- 1/2 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Fat	8g
Carbs	6g
Fiber	1g
Protein	2g

Directions

- 1 Line a plate or a small baking sheet with parchment paper. Set aside.
- 2 Heat a skillet or frying pan over medium heat. Add the coconut to the warm pan and toast it for 5 to 8 minutes, stirring often, until golden brown. Transfer the toasted coconut to a small bowl or plate to cool.
- 3 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 4 Add the butter and maple syrup (or honey) to the smaller pot and allow the butter to melt. Stir in the cocoa powder until thickened and smooth.
- 5 Add in the peanut butter and stir until well combined and a soft dough forms. Remove from heat.
- 6 Roll the dough into 1-inch balls then gently press or roll each ball in the toasted coconut to evenly coat all sides and place on the prepared baking sheet or plate.
- 7 Freeze for about 30 minutes or until solid then transfer to an airtight container in the refrigerator. Enjoy!

Notes

Leftovers: Keep refrigerated for up to a week or freeze for up to three months. Bites will start to melt at room temperature.



Seed Crackers with Cheese and Pickles

1 serving

5 minutes

Ingredients

- 1 oz Seed Crackers
- 1 1/2 ozs Cheddar Cheese (sliced)
- 2/3 oz Baby Pickles

Directions

- 1 Place all ingredients onto plate or into a container. Enjoy!

Nutrition

Amount per serving	
Fat	18g
Carbs	18g
Fiber	4g
Protein	13g



Prosciutto Wrapped Avocado

4 servings

10 minutes

Ingredients

3 ozs Prosciutto
2 Avocado (sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	17g
Carbs	9g
Fiber	7g
Protein	7g

Directions

- 1 Slice the prosciutto pieces in half. Wrap one piece around one slice of avocado. Repeat until all of the avocado slices are wrapped.
- 2 Top with sea salt and black pepper. 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!



Peanut Butter Crunch Balls

20 servings

1 hour 15 minutes

Ingredients

3/4 cup All Natural Peanut Butter
 1/4 cup Maple Syrup (or honey)
 1/4 tsp Sea Salt
 3/4 cup Oat Flour
 1 cup Rice Puffs Cereal
 1 3/4 ozs Dark Chocolate
 1 tsp Butter

Nutrition

Amount per serving	
Fat	7g
Carbs	10g
Fiber	1g
Protein	3g

Directions

- 1 In a mixing bowl, mix together the peanut butter, maple syrup (or honey) and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
- 2 Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
- 3 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 4 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and butter to the smaller pot and stir continuously until melted. Remove from stovetop.
- 5 Remove the baking sheet peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
- 6 Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

Notes

No Peanut Butter: Use almond butter instead.



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.



Chocolate Pudding

4 servings

5 minutes

Ingredients

2 Avocado (peeled and pits removed)
1/3 cup Cocoa Powder
1/4 cup Maple Syrup (or honey)
1/2 cup Unsweetened Almond Milk
2 tsps Vanilla Extract

Nutrition

Amount per serving	
Fat	16g
Carbs	26g
Fiber	10g
Protein	4g

Directions

- 1 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 2 Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

Optional Toppings: Toasted coconut, hemp seeds, crushed nuts, whipped cream or fresh fruit.



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 Nut Clusters

24 servings

15 minutes

Ingredients

3/4 cup Dark Chocolate Chips
 1/2 cup All Natural Peanut Butter
 2 cups Mixed Nuts

Nutrition

Amount per serving	
Fat	10g
Carbs	7g
Fiber	1g
Protein	3g

Directions

- 1 Line a rimmed baking sheet with parchment paper or a silicone baking mat.
- 2 In a microwave-safe bowl, combine the chocolate chips and peanut butter and microwave until the chocolate is melted. Use a rubber spatula to mix until smooth. Let cool just slightly before using. Alternately, this can be done in a double boiler. (See note below)
- 3 Add the nuts to the bowl with the melted chocolate. Mix until all of the nuts are coated in the chocolate.
- 4 Drop large spoonfuls of the mixture onto the prepared baking sheet. Be sure to space them out enough that they do not run together. Refrigerate until solid.

Notes

Additional Mix Ins: Add some maldon sea salt flakes on top, sugar-free dried cranberries, unsweetened coconut flakes, chia seeds, hemp seeds, or sunflower seeds.

Storage: Store leftovers in an airtight container in the refrigerator for up to 3 weeks. Alternatively, you can store them in the freezer.

Set Up Double Boiler: Place a heatproof bowl on top of a saucepan filled with about 1 inch of water. Make sure that the bowl is not touching the water and is suspended above the water line by the rim of the pan.



Blended Chocolate Strawberry Protein Chia Pudding

1 serving
35 minutes

Ingredients

- 3/4 cup Cow's Milk
- 1/4 cup Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 3 tbsps Chia Seeds
- 1 tsp Honey
- 1 tbsp Cocoa Powder
- 1/4 cup Strawberries (sliced)

Nutrition

Amount per serving	
Fat	17g
Carbs	40g
Fiber	15g
Protein	38g

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, honey, and cocoa powder. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with strawberries and enjoy!

Notes

Additional Toppings: Cacao nibs, sliced banana, and/or chopped nuts.



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



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.



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.



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



Salted Chocolate Peanut Butter Popcorn

3 servings

45 minutes

Ingredients

1/2 tsp Butter
1/2 cup Dark Chocolate Chips
3 tbsps All Natural Peanut Butter
(runny)
4 1/2 cups Popcorn
1/2 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Fat	27g
Carbs	34g
Fiber	2g
Protein	8g

Directions

- 1 Melt the butter and chocolate in a double boiler or in 30-second intervals in the microwave. Once melted, add the peanut butter and stir to combine.
- 2 Add the popcorn to a large bowl. Pour the melted chocolate and peanut butter all over the popcorn. Use a spatula to mix and evenly coat the popcorn.
- 3 Sprinkle the salt all over and mix again. Serve immediately or spread the popcorn out onto a parchment-lined baking sheet and refrigerate for 20 to 30 minutes to let the chocolate harden. Enjoy!



Chocolate Almond Butter Eggs

9 servings

1 hour

Ingredients

- 1/2 cup Almond Butter (or peanut butter)
- 1 cup Almond Flour
- 1/8 tsp Sea Salt
- 3 1/2 ozs Dark Chocolate

Nutrition

Amount per serving	
Fat	19g
Carbs	10g
Fiber	4g
Protein	6g

Directions

- 1 In a bowl, combine the almond butter and sea salt. Add half of the almond flour and mix well. Continue to add remaining almond flour 1 tbsp at a time until you reach a thick, cookie-dough like consistency. The consistency should be thick enough to mould with your hands. The amount of almond flour required will vary depending on original consistency and oiliness of your almond butter.
- 2 Line a large baking sheet with parchment paper. Use a tablespoon to measure out even amounts of dough and drop them onto the baking sheet. Then form each dollop into an egg shape using your hands. Place the baking sheet in the freezer for at least 20 minutes to harden while you prepare the chocolate.
- 3 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 4 Line another baking sheet with wax or parchment paper. Take one egg out of the freezer at a time to avoid them becoming too soft. Gently set the egg on top of the prongs of a fork (do not pierce it) and run it through the melted chocolate. Tip the pot to one side to create a deeper pool of chocolate for dipping and have a spoon handy to spoon chocolate over the egg in hard to reach places. Lift the egg out of the chocolate and let the excess chocolate drip off.
- 5 Once the chocolate has stopped dripping, transfer to the baking sheet by tipping the fork vertically until the egg slides off onto the sheet. Use a spatula to help guide it off if it sticks. Repeat with all eggs and then place the baking sheet back into the freezer to harden. If you have chocolate left over, feel free to do a second coat after 20 minutes in the freezer. Enjoy!



Cherries, Chocolate & Walnuts

1 serving

5 minutes

Ingredients

1/2 cup Cherries
2 tbsps Walnuts
1 oz Dark Chocolate

Nutrition

Amount per serving	
Fat	22g
Carbs	27g
Fiber	6g
Protein	5g

Directions

- 1 Serve the cherries with walnuts and chocolate. Enjoy!

Notes

Nut-Free: Omit the walnuts and use pumpkin seeds or sunflower seeds instead.



Maple Roasted Almonds

4 servings

10 minutes

Ingredients

- 1 cup Almonds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Fat	18g
Carbs	12g
Fiber	5g
Protein	8g

Directions

- 1 Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
- 2 Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.



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.



Crackers with Pear, Cheese & Honey

1 serving

5 minutes

Ingredients

1 1/16 ozs Seed Crackers
1/4 Pear (sliced thin)
2 ozs Cheddar Cheese
3/4 tsp Honey
1/8 tsp Thyme (fresh)

Directions

1

Assemble the crackers on a plate. Top with pear slices and cheddar cheese. Drizzle honey over top and add thyme. Enjoy!

Notes

No Pear: Use an apple instead.

Nutrition

Amount per serving	
Fat	24g
Carbs	32g
Fiber	6g
Protein	17g



Turkey & Cheese Snack Box

1 serving

5 minutes

Ingredients

- 4 1/4 ozs Sliced Turkey Breast
- 2 1/16 ozs Cheddar Cheese (cubed)
- 2 tbsps Walnuts

Nutrition

Amount per serving	
Fat	34g
Carbs	7g
Fiber	1g
Protein	33g

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Nut-Free: Use pumpkin seeds instead of walnuts.



Eggs & Avocado Snack Box

1 serving
15 minutes

Ingredients

- 2 Egg
- 1/2 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 2 ozs Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Fat	43g
Carbs	15g
Fiber	7g
Protein	28g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Additional Toppings: Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



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!



Ham & Cheese Pretzel Box

2 servings

5 minutes

Ingredients

- 2 ozs Pretzels
- 1 Pear (seeds removed, sliced)
- 2 ozs Cheddar Cheese (cubed)
- 2 ozs Sliced Ham

Directions

- 1 Arrange all of the ingredients in a container and enjoy!

Nutrition

Amount per serving	
Fat	12g
Carbs	38g
Fiber	4g
Protein	15g



Eggs, Almonds & Cheese Cubes

1 serving
15 minutes

Ingredients

2 Egg
1/4 cup Almonds
1 oz Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Fat	37g
Carbs	9g
Fiber	4g
Protein	27g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
- 3 Arrange the eggs, almonds, and cheese into a container and enjoy!

Notes

More Flavor: Season the eggs with salt, pepper and/or chili flakes.



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.



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



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



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



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

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!

Nutrition

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



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



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



Eggs, Hummus & Crackers

1 serving

15 minutes

Ingredients

2 Egg
1/4 cup Hummus
2 ozs Whole Grain Crackers

Nutrition

Amount per serving	
Fat	32g
Carbs	48g
Fiber	5g
Protein	21g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
- 3 Arrange the eggs, hummus, and crackers into a container, and enjoy!

Notes

More Flavor: Season the eggs with salt, pepper and/or chili flakes.



Grapes, Cheese & Crackers

1 serving

5 minutes

Ingredients

- 1 1/16 ozs Seed Crackers
- 2 ozs Cheddar Cheese (sliced)
- 1/2 cup Grapes (seedless)

Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Nutrition

Amount per serving	
Fat	24g
Carbs	29g
Fiber	5g
Protein	17g



Clementines & Almonds

1 serving

5 minutes

Ingredients

2 Clementines
1/4 cup Almonds

Nutrition

Amount per serving	
Fat	18g
Carbs	25g
Fiber	7g
Protein	9g

Directions

- 1 Divide the clementines and almonds onto plates. Enjoy!



Frozen Yogurt Cherry Bark

6 servings

2 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1 tbsp Maple Syrup (or honey)
- 1/2 cup Cherries (pits removed, halved)

Nutrition

Amount per serving	
Fat	1g
Carbs	6g
Fiber	0g
Protein	4g

Directions

- 1 In a bowl, combine the yogurt and maple syrup (or honey).
- 2 Line a baking sheet with parchment paper. Pour the mixture onto the baking sheet and evenly spread it out with the back of a spoon. Add the cherries evenly on top.
- 3 Place in the freezer until very firm, about two hours. Slice or break apart into pieces. Enjoy!

Notes

Leftovers: Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

Additional Toppings: Top with crushed nuts, chocolate chips, chocolate drizzle, hemp seeds, and or/chia seeds.



Turkey & Cheese Rollups

1 serving

5 minutes

Ingredients

- 1 3/4 ozs Swiss Cheese (or any cheese, sliced)
- 3 1/8 ozs Baby Pickles
- 4 ozs Sliced Turkey Breast

Nutrition

Amount per serving	
Fat	20g
Carbs	6g
Fiber	0g
Protein	30g

Directions

- 1 Add on a slice of cheese and a pickle onto each slice of turkey. Roll and secure with a toothpick. Enjoy!

Notes

More Flavor: Serve with a side of dijon mustard for dipping.



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.



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.



Zucchini & Goat Cheese Egg Muffins

6 servings

20 minutes

Ingredients

- 1 Zucchini (divided)
- 6 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Amount per serving	
Fat	7g
Carbs	2g
Fiber	0g
Protein	8g

Directions

- 1 Preheat the oven to 350°F (177°C). Line a muffin tray with liners, or use a silicone muffin tray.
- 2 Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
- 3 In a mixing bowl, whisk together the eggs, water, salt, and chopped zucchini. Divide the mixture into the muffin tray.
- 4 Top each muffin slot with the zucchini slices and goat cheese. Bake for 15 to 18 minutes or until cooked through.
- 5 Let cool slightly before serving. Enjoy!

Notes

More Flavor: Add chopped onion, garlic, smoked paprika, mushrooms and/or spinach.

Additional Toppings: Top with green onions or sliced tomatoes.



Peanut Butter Banana Rollup

1 serving
10 minutes

Ingredients

- 2 tbsps Peanut Butter
- 1/2 Tortilla
- 1/2 Banana
- 1 tsp Honey
- 1 tbsp Walnuts (or any nuts, chopped)

Nutrition

Amount per serving	
Fat	24g
Carbs	37g
Fiber	6g
Protein	11g

Directions

- 1 Spread the peanut butter over the tortilla. Sprinkle chopped walnuts. Drizzle honey over top.
- 2 Place the banana on one end of the tortilla. Roll it up and slice into bite-size pieces. Enjoy!

Notes

Additional Toppings: Hemp seeds, chia seeds, or sesame seeds.



Deli Box

1 serving

5 minutes

Ingredients

1/4 cup Pumpkin Seeds
4 Whole Grain Crackers
1/2 cup Cherry Tomatoes
1 oz Cheddar Cheese (cubed or sliced)
3 1/2 ozs Sliced Turkey Breast
1 Egg (hard boiled)

Nutrition

Amount per serving	
Fat	34g
Carbs	22g
Fiber	7g
Protein	37g

Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Modifications: Swap any ingredient out for chickpeas, chicken, or any deli meat instead.



Rice Crispy Squares

16 servings

15 minutes

Ingredients

1/3 cup Almond Butter (or other nut butter)

1/3 cup Maple Syrup (or honey)

3 cups Rice Puffs Cereal (or crispy rice cereal)

Nutrition

Amount per serving	
Fat	3g
Carbs	8g
Fiber	1g
Protein	1g

Directions

- 1 Line an 8 inch baking dish with parchment paper and set aside.
- 2 Stir together the nut butter and maple syrup (or honey) in a microwave safe bowl, then microwave for 20 second increments stirring in between. Keep going until the mixture is warm and beginning to dry out enough to caramelize slightly. This will probably take 5-7 rounds.
- 3 Remove the bowl from the microwave and gently stir in the rice puffs (or crisps), folding until they are spread throughout.
- 4 Pour and scrape the mixture into your prepared pan, smoothing the top with a spatula and pressing everything down slightly until well packed.
- 5 Chill in the freezer for 1 hour, then cut into squares and enjoy!



Chicken Salad on Apple Slices

2 servings

10 minutes

Ingredients

8 ozs Chicken Breast, Cooked (shredded)
2 stalks Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
1/3 cup Plain Greek Yogurt
1/2 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
2 Apple (large, cored, cut into thin slices)

Nutrition

Amount per serving	
Fat	5g
Carbs	31g
Fiber	5g
Protein	39g

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, yogurt, lemon juice, lemon zest, salt, and pepper. Mix well to incorporate.
- 2 Divide onto the apple slices and enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days. Slice the apple just before serving.



Chicken & Cucumber Bites

2 servings

35 minutes

Ingredients

- 1 Cucumber (large, cut into 1-inch rounds)
- 3 tbsps Cream Cheese, Regular
- 4 ozs Chicken Breast, Cooked (shredded into 1-inch pieces)
- 1/4 cup Matchstick Carrots (1-inch long)
- 1/4 cup Basil Leaves (chopped)

Nutrition

Amount per serving	
Fat	8g
Carbs	8g
Fiber	1g
Protein	20g

Directions

- 1 Hollow out the cucumber rounds with a knife to leave an edge of approximately 1/5 inch (1/2 cm).
- 2 Spread the cream cheese into each cucumber round, using approximately one tsp per cucumber round.
- 3 Divide the remaining ingredients evenly between the cucumber rounds until each one is stuffed full. Enjoy!

Notes

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

Different Fillings: Use smoked or cooked salmon in place of chicken, bell pepper or zucchini in place of carrot, and cilantro or parsley in place of basil.



Pepper & Onion Mini Egg White Bites

4 servings

25 minutes

Ingredients

- 1 cup Egg Whites
- 1/2 Red Bell Pepper (medium, finely diced)
- 1/2 Yellow Onion (small, finely diced)
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	0g
Carbs	3g
Fiber	1g
Protein	7g

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, red bell pepper, onion, Italian seasoning, and salt.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

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

More Flavor: Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings: Add goat cheese or feta cheese.



Thumbprint Cookies

15 servings

28 minutes

Ingredients

- 1 Egg (large, beaten)
- 1/2 cup Butter (softened)
- 1 1/2 cups Oat Flour
- Salt (pinch)
- 1/2 tsp Baking Powder
- 1/2 cup Sugar
- 1 tsp Vanilla Extract
- 1/3 cup Walnuts (finely chopped)
- 1/3 cup Strawberry Preserves

Nutrition

Amount per serving	
Fat	9g
Carbs	15g
Fiber	1g
Protein	3g

Directions

- 1 Preheat the oven to 375 degrees F. Combine the egg, butter, flour, salt, baking powder, sugar, and vanilla in a medium bowl.
- 2 Mix well with a fork until a dough is formed. If dough feels dry, add 1-2 tbsp milk. Chill dough 20-30 minutes before shaping. Add the chopped walnuts on a plate. Form the dough into 1.5 inch balls and roll in the walnuts to coat. Place on a parchment-lined cookie sheet. Bake for 8 minutes.
- 3 Remove from oven and press a small dent into the center of each cookie. Place approximately 1 teaspoon of jam in each cookie dent.
- 4 Return to the oven and bake an additional 10 minutes. Remove and transfer to a rack or platter to cool for 30 minutes.
- 5 Cookies MUST be fully cool to stay together - until then they will be quite fragile, so handle gently when transferring.



Turkey, Hummus & Veggie Snack Plate

1 serving

5 minutes

Ingredients

1 2/3 ozs Sliced Turkey Breast (or meat stick)
3 tbsps Hummus
1/2 Carrot (small, cut into sticks)
1/2 stalk Celery (cut into sticks)
1/2 cup Cherries
2 tbsps Almonds

Directions

1

Add the ingredients to a plate, container, or reusable food storage bag to take on the go. Enjoy!

Notes

No Cherries: Use berries or another fruit of choice.

No Turkey : Use another deli meat instead.

Nutrition

Amount per serving	
Fat	19g
Carbs	27g
Fiber	8g
Protein	16g



Chocolate & Almond Butter Rice Cereal Bars

8 servings

2 hours 15 minutes

Ingredients

- 2 cups Rice Puffs Cereal
- 1/2 cup Oats (rolled)
- 1/4 cup Pumpkin Seeds
- 1/4 cup Hemp Seeds
- 1/2 tsp Sea Salt (flaky, divided)
- 1/2 cup Almond Butter (runny)
- 1/3 cup Maple Syrup
- 1 tsp Vanilla Extract
- 3 tbsps Coconut Oil (soft, divided)
- 1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	21g
Carbs	23g
Fiber	3g
Protein	7g

Directions

- 1 Line a baking pan with parchment paper. In a bowl, combine the rice puffs, oats, pumpkin seeds, hemp seeds, and half of the salt.
- 2 In a large bowl, combine the almond butter, maple syrup, vanilla, and 2/3 of the coconut oil.
- 3 Add the dry ingredients to the wet and mix until the dry ingredients are well coated.
- 4 Pour the bar mix into the prepared pan and spread it out into an even layer, making sure to firmly press the mix down.
- 5 Melt the chocolate chips with the remaining oil in a double boiler or in 30-second intervals in the microwave. Once melted, drizzle all over the bars and sprinkle with the remaining salt.
- 6 Refrigerate for at least two hours or until firm. Cut evenly into bars and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks. Freeze for up to two months.

Serving Size: An 8 x 8 inch (20 cm x 20 cm) pan was used to make eight servings. One serving is one bar.

No Almond Butter: Use cashew or peanut butter instead.



Cottage Cheese Parfait with Berries

1 serving

5 minutes

Ingredients

- 1/2 cup Cottage Cheese
- 1/8 tsp Vanilla Extract
- 1/16 tsp Cinnamon (pinch)
- 1/2 tsp Honey
- 1/2 cup Blackberries

Nutrition

Amount per serving	
Fat	5g
Carbs	14g
Fiber	4g
Protein	13g

Directions

- 1 Combine all ingredients, except berries in a food processor or blender.
;
- 2 Pulse until smooth and put into a small bowl.
;
- 3 Top with berries and enjoy!

Notes

Add Nuts: Could add 1-2 tbsp of chopped nuts on top.

No Cottage Cheese: Use plain Greek yogurt instead.

No Blackberries: Use strawberries, raspberries or blueberries instead.