

HEALTHY SNACKS

- Hard-boiled eggs (with mustard, mayonnaise or sea salt)
- Apples, pears, or berries with almond butter or goat cheese
- You can also pick up pre-packaged foods like tabouleh or brown rice dishes or make a salad at Whole Foods Market
- 1 small baked potato with ½ cup cottage cheese
- Baked sweet potato or yam with butter and cinnamon
- 2 small corn tortillas, raw cheddar cheese, sliced avocado, and tomato
- One slice of Ezekial or sprouted bread with sliced avocado and chicken
- Mozzarella cheese and cherry tomatoes
- 1 small baked potato with mozzarella cheese and fresh salsa
- 1 cup of, plain yogurt, ½ cup of blueberries and crushed walnuts or other raw nuts
- Sardines packed in olive oil with rice crackers
- Avocado and brown rice, with sea salt and olive oil
- Raw nuts mixed with berries
- Gluten-free bread or crackers (rice or millet) with 2 tablespoons of nut butter
- ½ cup of blackberries, blue berries or raspberries and sunflower seeds
- Nitrate-free turkey sausage (Kellers Farm Store)
- 2 small corn tortillas, goat cheese, sliced avocado, and salsa
- 1 medium grapefruit and a hard-boiled egg
- 1 slice of rice or sprouted grain bread, nitrate-free turkey (Kellers Farm store), lettuce, tomato, mayonnaise.
- Celery ribs filled with almond butter or cashew butter
- ¼ cup unsweetened applesauce and almonds
- Raw vegetables (cucumbers, snap peas, peppers) with hummus or tahini
- Cold chicken with mustard for dipping
- Lunch meats (from Keller's Farm Store. Try them wrapped in lettuce leaves such as Romaine, Boston Bib or green leaf)
- Water-packed tuna and grated veggies (carrot, celery, onion, etc.) and mayonnaise.

Great for Breakfast

- 1-2 eggs, poached or soft boiled with steamed greens, raw butter and sea salt
- Omelets with fresh vegetables
- Sandwich meats (from Kellers Farm store, not pre-packaged) with no preservatives, with carrot sticks and a handful of nuts
- Leftovers (think of them as "planned-overs") from dinner (it's good to purposely make more than you can eat for dinner in order to have planned-overs the next day for lunch)
- Breakfast burrito – scramble some eggs and place them in a rice or whole wheat tortilla with chopped tomatoes, a little grated cheese, ham or other vegetables, roll up and enjoy
- Whole milk cottage cheese (4 ounces of cottage cheese has 14 grams of protein)
- Breakfast sausages or Kellers Farm bacon without additives or added sugar
- An avocado filled with tuna salad
- Half an avocado with soy sauce or lemon / lime juice
- Ezekial (sprouted bread) toast with coconut oil, cinnamon, Agava necture, and a hard-boiled egg
- Ezekial (sprouted bread) toast with raw butter and turkey bacon or avocado and sliced turkey