



kris beebe  
WELLNESS

## SNACK IDEAS

- Custom Trail Mix
  - almonds, cashews, dried cranberries
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- Fruit and Nut Butter
  - green apples, almond butter, and cinnamon (even better if baked in coconut oil)
  - peaches and cashew butter
  - pears and almond or pecan butter
- Vegetables and Hummus
  - Terra chips and hummus (add olives to make it fancy)
- Coconut Yogurt
  - Top with fresh berries and/or nuts
- Turkey wrapped in lettuce or collard green with avocado (even better with bacon)
- Small bowl of leftover soup
- Almond butter blended in a vitamix with frozen berries and topped with chopped nuts
- Sliced ham, mustard, and lettuce in a heated rice tortilla