



BUDDIES IN MY BELLY™ SNACK SHEET

½ cup edamame with
olive oil & sea salt

2oz turkey slices

2oz pulled chicken

½ cup of hummus
with cucumbers

¼ cup black beans

¼ cup avocado

2 tbsp almond
butter

½ cup celery and
carrots (optional)

Sprinkle 1 tbsp chia
seeds in almond
butter

½ cup high fiber or
quality crackers

2 tbsp almond
butter

½ cup squash

1 tbsp butter

1 tbsp cinnamon &
flaxseeds - sprinkle
on top

1 slice high fiber toast
(Ezekiel bread)

¼ avocado spread on
toast and add tomato
and basil on top

1 oz cheese

½ pear or grapes

12 almonds

½ cup roasted chick-
peas with mixed
greens, olive oil and
balsamic

2 slices of quality
deli turkey/ham

½ cup cucumber &
tomato slices

Roll up and eat

½ cup sweet potato

¼ cup full fat plain
yogurt

1 small orange

12 almonds

½ cup raspberries

¼ cup cottage
cheese

½ apple

2 tbsp almond
butter

Chia seeds
sprinkled on top



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½ cup cooked whole grain pasta of choice (like brown rice, red lentil or whole wheat)

2 tbsp basil pesto

2 oz fresh mozzarella cheese

Mix together and enjoy warm or cold!

½ cup plain yogurt

½ cup berries of choice

Ground flax seeds mixed in

½ cup bell peppers (sliced) wrapped in 2 oz ham with a side of 5 olives

Quinoa salad:

½ cup cooked quinoa

2 tbsp chopped onion

¼ cup olives

½ cup diced tomato

1-2 tbsp olive oil

½ tsp fresh squeezed lemon

1 tbsp feta cheese and mint

Salt and pepper to taste

1 hardboiled egg sliced on crackers or high fiber bread

1 tsp of olive oil and sea salt

2 tbsp shredded coconut

¼ cup dry oats

½ banana

¼ cup of sliced almonds

Mix together & enjoy!

2 tbsp cashew butter

½ banana

¼ cup dry oatmeal

Mix together and add cinnamon or pumpkin spice on top!

½ cup homemade trail mix with almonds, cashews, sunflower seeds, pumpkin seeds and some dark chocolate nibs

½ cup cooked lentils of choice

¼ cup full fat sour cream