



## HEALTHY WITH NEDI

### APPROVED SNACK LIST

- Fresh fruits (Apples, raspberries, grapefruit, tangerines, pears, pineapple, kiwi)
- Edamame
- Celery or carrots with almond butter
- Kale or seaweed chips
- Tabouli and hummus
- Tortilla chips with salsa or guacamole (Try whole grain chips such as “Garden of Eatin” or “Food Should Taste Good”)
- Plain popcorn
- Handful of nuts (16 almonds are around 160 to 200 calories, or you can have 49 pistachios for the same amount of calories )
- Powerbars: KIND, Quest or EXO (observe sugar content)
- Chia seed pudding
- Small amount of organic cheese
- Hard boiled egg
- Greek plain yogurt topped with fresh berries
- Yogurt: Siggi’s plain or coconut flavor; Fage 0% plain

Smoothies– mix whatever you have in the kitchen such as kale or spinach, fresh or frozen fruit, ice, coconut water or nut milk, yogurt or avocado, raw cacao, nut butter, seeds, etc.

Freshly squeezed fruit juices – make your own and try different combos  
Fresh cold pressed veggie juices