



How to Snack on Snacks

All Day Long

Here's an example of how you can structure a week of eating.

It's not written in stone, by any means: Mix up the meals. Substitute whenever you want. Matter of fact, I don't care if you eat the same thing every day for a week. 😊

There are (Protein, Dairy, Fruits or Veg, Complex Carb).

Snack #1: 2 teaspoons peanut butter, raw vegetables (as much as you want)

Snack #2: 1-ounce almonds, 1 1/2 cups berries

Snack #3: 8 to 12 ounces Smoothie

Snack #1: 2 teaspoons peanut butter, 1 bowl oatmeal or high-fiber cereal

Snack #2: 3 slices deli turkey, 1 large orange

Snack #3: 1-ounce almonds, 4 ounces cantaloupe

Snack #1: 1-ounce almonds, 1-ounce raisins

Snack #2: 1 stick string cheese, raw vegetables (as much as you want)

Snack #3: 8 to 12 ounces Smoothie

Snack #1: 8 ounces low-fat yogurt, 1 can low-sodium V8 juice

Snack #2: 3 slices deli turkey breast (no nitrates), 1 large orange

Snack #3: 2 teaspoons peanut butter, 1 cup low-fat ice cream

Snack #1: 1-ounce almonds, 4 ounces cantaloupe

Snack #2: 3 slices deli turkey breast (no nitrates), 1 large orange

Snack #3: 8 to 12 ounces Smoothie

Weekend:

Snack #1: 1 bowl high-fiber cereal, 1 cup low-fat yogurt

Snack #2: 2 teaspoons peanut butter, 1 or 2 slices whole-grain bread

Snack #3: 8 to 12 ounces Smoothie

Snack #1: 2 teaspoons peanut butter, 1 can low-sodium V8 juice

Snack #2: 3 slices deli turkey breast (no nitrates), 1 slice fat-free cheese

Snack #3: 1-ounce almonds, 1 cup low-fat ice cream

Protein:

2 teaspoons reduced-fat all natural peanut butter.

1 ounce almonds

3 slices deli turkey breast (no nitrates)

Dairy:

8 ounces low-fat yogurt

1 cup almond milk or chocolate milk (can use whey protein)

1 1/2 slices fat-free cheese

1 stick string cheese

Fruit or Veg:

Raw veggies (celery, baby carrots, broccoli), unlimited)

1 large Orange

1 can (11.5) low-sodium V8 juice

Complex Carb:

1 or 2 slices whole-grain bread

1 bowl old fashion oatmeal or high-fiber cereal

Smoothies:

Keep drinking smoothies regularly and adding a source of protein to every snack. Include berries, yogurt, oatmeal, peanut butter, almonds and even green vegetables. Incorporate smoothies into your eating plan as either a meal—such as a replacement for breakfast or lunch when you're in a hurry or on the go—or as a snack. A little portable jug cooler keeps the smoothie's consistency—even if you put the blender glass in the fridge, the smoothie tends to separate after a few hours and become chalky.