

# SNACKS & QUICK BITES



## EAT MORE FRUITS AND VEGGIES

- Dried plantains
- Cherry tomatoes
- Grapes
- Cuties (mandarin oranges)
- NUTS, NUTS, NUTS!



## SUSTAINABLE BITE

In a mixer, combine these ingredients, feel free to double or eyeball the amounts:

- 1 c nut butter
- ½ c oats
- ¼ c whey protein (grass fed)
- ¼ c local honey

Make into small balls and store in fridge.

## JUICES



If you have a juicer, make a big batch for 2-3 days, if you're using a blender, add water:

- celery
- apple
- romaine lettuce
- 1 lemon
- carrots