

# **Healthy Snack Masterlist**

Updated as of 4/3/20

\*Adjust per your food sensitivities and doctor recommendations

\*Keep sugars in moderation (30 g or less daily)

- General whole food ideas:
  - Fresh veggies
  - Fresh berries
  - Freeze-dried berries & veggies
  - Organic deli meat, no preservatives
  - 'Wholly Avocado' individual packets  
<https://www.eatwholly.com/products/chunky-avocado/wholly-chunky-avocado-minis/>
  - Whole avocados
  - Paleo wraps - healthy foods/proteins wrapped in something like lettuce or coconut wraps (instead of grain-based wraps)
  - SeaSnax - usually I do not recommend processed foods, but sea vegetables are usually a very healthy addition to the diet  
[http://www.seasnax.com/SeaSnax-Sheets\\_c\\_1.html](http://www.seasnax.com/SeaSnax-Sheets_c_1.html)
- Nut/Seeds
  - Nut/seed butter packets (made from on-plan/allowed nuts/seeds)
  - Go Raw brand sprouted seeds  
<https://www.goraw.com/shop/sprouted-seeds/>
  - SuperSeedz  
<https://www.superseedz.com/collections/superseedz-organic>
- Meat sticks/jerky
  - Epic bars/sticks  
<https://epicprovisions.com/>
  - Nick's sticks  
<https://www.nicks-sticks.com/>
  - Wild Zora bars  
<https://wildzora.com/collections/bars>
- Protein/energy bars (NOTE - Most if not all of these are not 100% compliant with the EPIC 5 Dietary recommendations due to cashews or other kinds of nut butters. However, they are some of the better options out there if you are in a tough position when travelling and need a better option versus other things).
  - Bulletproof bars  
[https://www.bulletproof.com/collections/bars?gclid=EAlaIqobChMIv-qv1O7u4QIVGnACh3-kQQIEAAYASAAEgImMvD\\_BwE](https://www.bulletproof.com/collections/bars?gclid=EAlaIqobChMIv-qv1O7u4QIVGnACh3-kQQIEAAYASAAEgImMvD_BwE)
  - Perfect Keto bars  
<https://shop.perfectketo.com/products/keto-bars>
  - Bone broth protein bars

<https://store.draxe.com/products/bone-broth-protein-bar-salted-chocolate-almond-12-count>

- Chips
  - Terra Plantain chips (cooked in coconut oil) - watch portion size and serving amount  
<http://www.terrachips.com/chips/product/plantains/>
  - Dang coconut chips - watch portion size and serving amount  
<https://dangfoods.com/collections/dang-toasted-coconut-chips/products/original-recipe-coconut-chips>
  - Made In Nature coconut chips - watch portion size and serving amount  
<https://www.madeinnature.com/collections/coconut-chips>
  - Other grain-free chips: - watch portion size and serving amount
    - Siete brand  
<https://sietefoods.com/collections/tortilla-chips>
    - Flackers  
<https://flackers.com/collections/all>
- “Desserts”
  - Bars of dark chocolate, 80%+ cacao
    - <https://www.healthline.com/nutrition/dark-chocolate-buyers-guide#section7>
  - Fat Bombs - these are healthy-fat rich dessert treats you can enjoy! Check out some recipes below:
    - <https://blog.bulletproof.com/cbd-chocolate-fat-bombs-recipe-4m/> (CBD oil not required of course).
    - Our website:  
<https://www.epicfmc.com/wp-content/uploads/2018/12/Fat-Bomb-recipes.pdf>