



### FOOD JOKE:

Q: Why did the grape stop in the middle of the road?

A: Because he ran out of juice.

## HEALTHY SNACK IDEAS:

Don't be like the grape! Fuel up for practice, work or play and stay strong throughout the day.

- **Apple slices with 2 tablespoons of almond or sunflower butter**
- 1/2 cup hummus and fresh veggies (cucumber, celery, broccoli, bell peppers, carrots, etc...)
- **Make your own trail mix with combination of raw nuts, seeds (pumpkin, chia, sesame, sunflower), shredded coconut, & cocoa nibs – serving 1/2 cup**
- Turkey roll ups: Take 2 slices turkey add a little mustard and a lettuce leaf to each, roll up and serve with baby carrots on the side
- **Take a can or packet of wild salmon or sardines, open and enjoy with cucumber slices as crackers + a squeeze of lemon**
- Top 1/2 of an avocado with salsa and eat with a spoon
- **2 veggie wraps: Take 2 lettuce leaves and spread with hummus, top with grated carrots and sliced tomatoes, roll up. Eat with jicama sticks**
- 1/2 baked green apple with cinnamon sprinkle on and topped with 1/4 cup plain yogurt
- **2 tablespoons of sunflower nut butter spread on celery sticks**
- Homemade kale chips with 2 tablespoons of hummus
- **2 sticks of beef, bison or turkey jerky with vegetable sticks or a piece of fruit**
- 1/2 cup plain yogurt topped with sliced almonds, fresh berries and a sprinkle of cinnamon
- **Spread a whole wheat tortilla with nut butter, top with banana slices, roll and enjoy**
- In a blender place 1 cup frozen fruit, 1 cup Greek low fat yogurt, 1/2 cup low fat milk, an teaspoon vanilla. Blend until smooth and pour into 2 glasses. Share with a friend!
- **Slice a pear into 8 pieces, cut 8 slices of cheddar cheese. Cut 2 slices ham into stripes then wrap each slice of ham around 1 pear and 1 cheese slice.**
- Mix 1/2 cup plain low fat yogurt with 1 tablespoon Dijon mustard and use a dip for veggies
- **Mix 1/2 cup plain low fat yogurt with 1 tablespoon each honey and nut butter and use a dip for fruit**