



# Healthy Snack Guide

Ready to break up with the vending machine and snack smarter? Here are 24 healthy snack ideas to get you started.

# HEALTHY SNACK IDEAS

Prep and go



## Hard boiled eggs

Prep ahead for an easy protein packed snack.

*Two hard boiled eggs:*  
256 calories, 13 g protein,  
11 g fat, 1 g carbs



## Avocado toast on GF bread

Clean GF bread brands:  
[Canyon Bakehouse](#) and  
[Food for Life](#)



## Apple slices with almond butter

Stick to 1 tbsp of almond butter per serving and add a dash of cinnamon if you like!



## Chia pudding with berries

Super filling and packed with omega 3s. Whip up a batch for the week ([recipe here](#)).



## Hummus with carrots

Loaded with plant protein, fiber, and flavor. Buy store brands like [Sabra](#) or [make your own](#).



## Energy balls

Meal prep these on the weekend for easy on-the-go snacks. [This site](#) has a TON of recipes.



## Roasted chickpeas

Simple, easy to prep, and packed with protein. [Here's a good recipe](#) to try.



## Coconut yogurt with berries

Filled with live cultures to nourish your gut. Choose brands without added sugars like [Culina](#).



## Guacamole with cucumber slices

Loaded with healthy fats. Skip the chips (and the carb crash) and dig in with cucumbers instead.



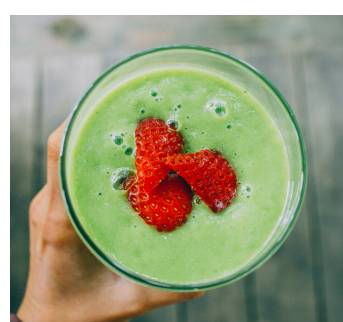
## Egg muffins

Handy, on-to-go snacks that pack a punch of protein. [Here's a recipe](#) to try.



## Celery with peanut butter

An oldie but a goodie. Celery is low in calories and PB is high in protein.



## Smoothies

Make a smoothie for a tasty afternoon pick-me up. This [Simple Spinach Smoothie](#) is a good place to start.

# HEALTHY SNACK IDEAS

Grab and go



## Nuts

An easy on-to-go option packed healthy fats and protein. Choose raw or dry roasted varieties and stick to a 1/4 cup serving.



## Jerky

A simple snack for an easy punch of protein. Opt for grass fed no sugar varieties like [Paleo Valley](#) and [Chomps](#).



## Pumpkin seeds

Rich in magnesium and loaded with fiber and plant protein.  
1/4 cup serving: 180 calories, 10 grams protein, 16 g fat



## Seaweed snacks

Low in calories and rich in minerals like iodine, iron, and calcium. Clean brands: [Gimme](#) & [Daechun](#).



## Edamame

Mineral rich and packed with plant protein.  
One cup serving: 224 calories, 18 g protein, 14 g carbs



## Trail mix

Steer clear of mixes with candy and opt for ones with dried fruit without added sugars. Stick to a 1/4 cup serving.



## Sunflower seeds

Loaded in vitamin E and healthy fats.  
1/4 cup serving: 207 calories, 6 g protein, 19 g fat, 7 g carbs



## Kale chips

Get your greens when you're on-the-go. Choose brands without added sugars like [Brad's](#).



## Protein bars

Great for post-workout or anytime your blood sugar dips. Clean brands: [Bulletproof](#), [RX bars](#), & [Truani](#).



## Simple Mills crackers

These crackers are about as clean as it gets. GF and made with almond flour, sunflower seeds, flaxseeds, and cassava.



## Purely Elizabeth Keto granola

Made with nuts, seeds, and sweetened with coconut sugar.



## Siete tortilla chips

GF, corn free, and made with cassava flour, avocado oil, and coconut flour.

# CLEAN BRANDS

*Grab and go*



Brad's Veggie Chips



Siete Chips



Soley Dried Fruit



That's It Dried Fruit



Bare Dried Apples



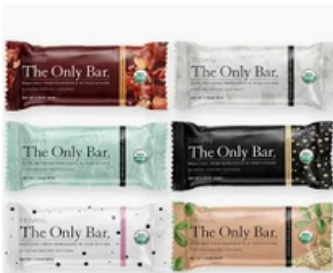
Archer Beef Jerky



Yes Bars



Simple Mills Crackers



Truani Bars



Lesser Evil Snacks



Navitas Snacks



Chomps Beef Sticks