

Snack Ideas

Snack Ideas	Green	Purple	Red	Yellow	Blue	Orange
Cottage cheese with fruit		1	1			
Greek yogurt with berries		1	1			
2 deviled eggs			1			
LS ham slices, string cheese, veggies	1		1		1	
Celery with almond butter	1					1
Apple with almond butter		1				1
Green smoothie- water, spinach, fruit, ice	1	1				
Hummus and vegetables	1				1	
Open faced LS turkey sandwich			1	1		
12 almonds and piece fruit		1			1	
Grapes and cheese		1	1			
Beef jerky			1			
½ banana and string cheese		1			1	
Tomatoes and mozzarella	1				1	
Banana roll-up- whole-grain tortilla, spread with almond butter and banana slices		1		1		2
Pumpkin seeds and fruit		1				3
Cheese and 8 whole-grain crackers				1	1	
Whole grain toast, cottage cheese, tomatoes	1		1	1		
Whole grain toast with avacado				1	1	