

# **30 Simple Snacks to Kill Your Cravings**

1. Mixed nuts
2. Red bell pepper with guacamole
3. Greek yogurt (feel free to add fruit like berries to this)
4. Apple slices with peanut butter
5. Cottage cheese with flax seeds and cinnamon - FLAX to BOOST IT UP
6. Celery sticks with cream cheese
7. Pop Chips or chips in natural foods BUT do NOT eat out of the bag
8. Dark chocolate and almonds
9. Cucumber slices with hummus
10. HIGH FIBER FRUITS: Apples, Bananas, Strawberries, Raspberries are a good place to start
11. Cherry tomatoes with mozzarella
12. Protein Bars - We like Quest Bars which are the easiest to find
13. Hard-boiled eggs
14. Baby carrots with blue cheese dressing
15. A piece of cheese
16. Healthy beef jerky or beef sticks
17. Whey protein shake or Plant Based Shake
18. Tuna Packets - Chuck likes to add salsa to plain tuna packets
19. Edamame
20. Citrus Fruit
21. Pear slices with ricotta cheese
22. Dried unsweetened coconut
23. Turkey roll-ups
24. Olives
25. Avocado with cottage cheese
26. Ricotta cheese with cocoa powder
27. Sun-dried tomatoes
28. Cantaloupe slices wrapped in prosciutto
29. Last night's leftovers
30. No Bake Energy Bites

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## **5 Ingredient Peanut Butter Energy Bites (servings 12 bites)**

Ingredients:

- 2/3 cup creamy peanut butter
- 1/2 cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 2 tablespoons honey

Directions:

- Combine all 5 ingredients in a medium bowl.
- Stir to combine.
- Place in the refrigerator for 15-30 minutes so they are easier to roll.
- Roll into 12 bites and store in the fridge for up to a week.

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## **Strawberry Cheesecake Smoothie**

Looking for a sweet HEALTHY treat?

Roxanne and I tried a version of this and LOVED it! The fat will fill you up and make your metabolism work a little harder.

This was TWO servings so we split it. YUM 😊

### **INGREDIENTS**

- 2 cups frozen strawberries
- 2 tablespoons reduced fat cream cheese
- 1/4 cup plain nonfat greek yogurt
- 1 cup milk of choice
- 2 tablespoons honey
- crushed graham cracker crumbs, for topping (optional)

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### **INSTRUCTIONS**

- Combine strawberries, cream cheese, greek yogurt, almond milk, and honey in a blender
- Blend until smooth and creamy
- Serve topped with crushed graham cracker crumbs on top