

SNACK LIST

QUICK AND EASY SHRED¹⁰™ SNACK IDEAS

Raw veggies, cut and stored in the refrigerator

(carrots, cucumbers, celery, tomatoes, broccoli, peppers, cauliflower, snap peas, and more!)

Veggies with Hummus (page 66) or Guacamole (page 67)

Complete Pudding (page 79)

Fresh Fruit (apples, cantaloupe, melon, pineapple, pears, plums, grapes, oranges, mangos, berries, peaches, bananas)

Frozen grapes (freeze them in a bowl or ziplock bag for quick sweet tooth satisfaction)

Apples or Celery & Peanut Butter (use only natural peanut butter)

Raw nuts or seeds

Homemade Trail Mix (your favorite raw nuts, seeds, and dried fruit)

Dates, figs, raisins, dried cranberries, dried cherries

Plain oatmeal topped with berries or fruit

Unsweetened Plant Yogurt (coconut/soy/almond or make your own)

Unsweetened Applesauce (Pulse 3 cored and peeled apples, 1 Tbsp. lemon juice & 1 tsp. cinnamon in food processor or blender until smooth)

Plain air-popped, non-GMO popcorn

Sliced avocado with sea salt or lemon juice

Salad in a jar (page 52-53)

Kale Chips (Toss bite-size pieces of kale with sea salt and balsamic vinegar or lemon juice. Bake at 350°F on parchment paper for 7-9 minutes until crispy.)

Grilled Peaches (Grill on medium heat for 4 minutes per side.)

Cauliflower Popcorn (Toss cauliflower pieces lightly with vegetable broth and sea salt. Bake for 45-60 minutes at 425°F on parchment paper turning them 3-4 times.)

Roasted Chickpeas (Drain and rinse can of chickpeas and then toss with ½ tsp salt, ½ tsp. garlic powder & ½ tsp. paprika. Bake on cookie sheet for 45-60 minutes at 400 F.)