



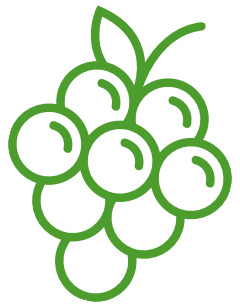
SIMPLE SNACKS

Quick, healthy, low effort snacks to keep you going



Protein foods

Pottle of yoghurt · hard boiled eggs · small smoothie · handful of nuts and seeds · edamame · roasted chickpeas · slice of roast chicken · two slices of cheese



Fruit

Piece of fresh fruit · banana 'nice cream' (frozen banana, blended) · frozen grapes · canned fruit (drained) · apple or banana with nut butter · baked apple chips



Vegetables

Corn on the cob · celery with peanut butter (or 'ants on a log') · kūmara fries · leftover roast veg · capsicum with sweet chilli · frozen peas · chopped veggies & hummus · cherry tomatoes and cheese cubes



Grains

Popcorn · homemade granola · small bowl of porridge, overnight oats or Bircher muesli · low sugar oatcakes

Mix & match for a satisfying snack

Start with your base - whole grain crackers, bread, pita, wrap, roti, rēwena bread, rice cakes or rice paper rolls

Add satisfying toppings - tuna, egg, salmon, cheese, avocado, hummus, nut butter, veggies or lean meats



Don't forget to be portion smart e.g. a single piece of fruit, half a sandwich, or roughly one handful of snack foods.