

SNACKS

Easy to grab and go or carry along to work, these snacks provide a fairly healthy between meal snack



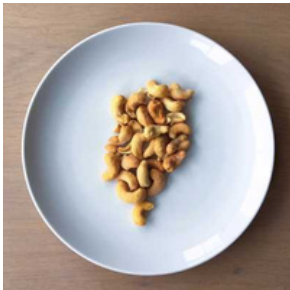
Celery & Peanut Butter

Cool crisp celery topped with creamy or chunky peanut or nut butter



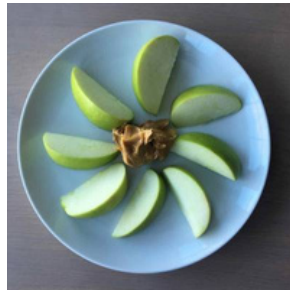
Handful of Mixed Nuts

Combine roasted almonds, shelled pistachios, chopped walnuts, pumpkin seeds, sunflower seeds & more



Handful of Cashews

Indulgent, salty and filling a snack that lasts for hours



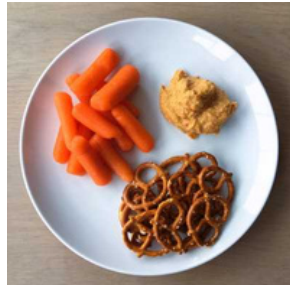
Piece of Fruit

Winter: Apples or bananas with a dollop of nut butter, pears, oranges, grapes
Summer: Nectarines, plums or peaches



No-Sugar Added Dried Fruit

Look for packaged dried fruit with no sugar added for a sweet all natural snack



Carrots or Pretzels & Hummus

Healthy carrots or indulgent pretzels with your favorite hummus



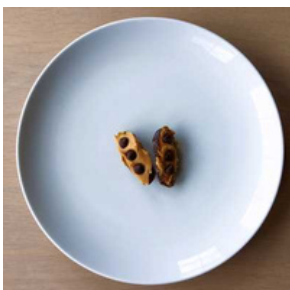
Edamame

Packaged & prepared or made by you, lightly salted served in the pod. Slide the pod between your teeth and eat the beans



Popcorn

Microwave a package with no dairy added or grab a small pre-portioned bag



Nut Butter Dates w/ Choc Chips

Spread nut butter onto open face pitted date and toss on a few choc chips



Small Handful Dark Chocolate Chips

Quick pick me up - couldn't be more enjoyable or easy

**Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.*

Printable Meal Guides

ORGANIZING
aPlant Based Life.com