

SNACKS

Easy to grab-and-go these portable foods provide a fairly healthy snack between meals



CELERY & PEANUT BUTTER

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



HANDFUL MIXED NUTS

Combine roasted almonds, shelled pistachios, chopped walnuts, pumpkin seeds, raisins, and more



HANDFUL OF CASHEWS

Indulgent, salty and filling - a snack that will last for hours



PIECE OF FRUIT

Winter: pears, oranges, grapes
OR apples or banana with a dollop of nut butter
Summer: nectarines, peaches, plums, and more



NO-SUGAR DRIED FRUIT

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



CARROTS OR PRETZELS WITH HUMMUS

Healthy carrots or more indulgent pretzels with your favorite hummus



EDAMAME

Look for the ready-to-go package, lightly salted and served in the pod. Slide the pod between your teeth and pull out the beans



POPCORN

Out of the bag or microwave a package - just double check the ingredients to confirm no dairy added



NUT BUTTER DATES WITH CHOC CHIPS

Spread nut butter onto open faced pitted date and toss on a few dark chocolate chips



SMALL HANDFUL DARK CHOC CHIPS

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

**Always check food labels to ensure they're plant-based/vegan. Many products may be suitable, even without certification, while others you might think are vegan, aren't.*

Beginner Plant-Based Foods

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