



**PAM FOSTER** HEALTHY  
SHOULDN'T  
BE HARD

Founder of Pam's Healthy Tips



## 20 HEALTHY BETWEEN MEAL SNACKS

(KEEP YOUR SNACKS SIMPLE AND NOURISHING IN SMALL PROPORTIONS)

1. Pistachios (Unsalted 25) *Almonds (1/4 Cup)*
2. *Slices of Banana with Almond Butter*
3. *Apple Slices with Almond Butter*
4. *Fresh Blueberries and strawberries in 1/4 cup of yogurt*
5. *Red, Yellow, Green or Orange Bell Pepper Slices with Hummus*
6. *Baked Kale Chips or Baked Sweet Potato Fries (remember snack, not a meal)*
7. *Slice of Watermelon or Grapefruit*
8. *Natural Trail Mix (1/4 Cup)*
9. *Simple Side Salad with Fresh Lemons*
10. *Celery Sticks with Almond Butter*
11. *Lettuce Wraps with Veggies and Avocado*
12. *Steamed Edamame with Sea Salt*
13. *Fresh Cherries*
14. *Cherry Tomatoes and a Hard Boiled Egg*
15. *Plant Protein Bar or Frozen Plant Protein Popsicle (I have recipe if you need it)*
16. *Plant Protein Balls (2) with a cup of hot tea or decaf coffee*
17. *Frozen Banana Dipped in Dark Cocoa*
18. *Old School Popcorn (2 Cups)*
19. *Tangelo Orange Slices*
20. *Green or Red Seedless Grapes, Fresh or Frozen*



Remember that it is great for the body to eat healthy snacks throughout the day, but they are not a meal. Measure out the proportions in advance and walk away from the kitchen. Taking a break from your work and eating a snack and hydrating your body will make you more productive throughout your day, affect your appetite during your larger meals and because you are fueling your body during the day, you tend to not overeat at mealtime. I highly recommend if possible that you purchase organic products, watch the salt and sugar content and enjoy taking your break!

FOR MORE INFORMATION, GO TO: [WWW.PAMFOSTERONLINE.COM](http://WWW.PAMFOSTERONLINE.COM)