

# SNACK CARD





















The best snacks are a combo of PRODUCE + PROTEIN.  
PRODUCE gets you full. PROTEIN keeps you full.

Print this SNACK CARD. Then fold-cut-tape it together.  
Keep it in your wallet, on your desk, in your snack drawer, or  
on the fridge to remind you of smart snack ideas.

print - fold - cut - tape together

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**SNACK CARD**  
PRODUCE + PROTEIN

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**SNACK CARD**  
PRODUCE + PROTEIN

|                          |   |                            |
|--------------------------|---|----------------------------|
| GREEN APPLE (1)          | + | ALMONDS (15)               |
| PEAR (1)                 | + | WALNUTS (7 halves)         |
| CARROTS (1/2 c.)         | + | HUMMUS (1/4 c.)            |
| CHERRY TOMATOES (1/2 c.) | + | STRING CHEESE (1)          |
| GRAPES (1/2 c.)          | + | ROASTED CHICKPEAS (1/4 c.) |
| ORANGE (1)               | + | PISTACHIOS (30)            |
| CUCUMBER (1/2 c.)        | + | HARD-BOILED EGG (1)        |
| CELERY (3)               | + | NUT BUTTER (1.5 tbsp.)     |
| BERRIES (1/2 c.)         | + | PLAIN 2% YOGURT (1/2 c.)   |
| BANANA (1)               | + | PUMPKIN SEEDS (1/4 c.)     |

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