

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.)
