

# 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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