

Snack List for Clean Eating/Healthy Living Program



Snack Grocery List

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|--|--|
| <input type="checkbox"/> Green apples | <input type="checkbox"/> Hummus |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Eggs (organic free-range) |
| <input type="checkbox"/> Raspberries | <input type="checkbox"/> Brown rice chips |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Gluten-free oats |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Almond milk (or you can make your own with the instructions from the boot camp) |
| <input type="checkbox"/> Peppers (any color) | <input type="checkbox"/> Chia seeds |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Almond Butter |
| <input type="checkbox"/> Avocados | |
| <input type="checkbox"/> Almonds | |
| <input type="checkbox"/> Walnuts | |
| <input type="checkbox"/> Cashews (plain or lightly salted with sea salt) | |

Snack ideas

- Handful of nuts (walnuts, cashews, or almonds)
- Green apples sliced with almond butter for dipping
- Small bowl of berries
- Hummus w/ raw vegetables
- Avocado mashed in a bowl with a pinch of Celtic sea salt and a splash of lemon or lime juice. Enjoy with brown rice chips or raw vegetables
- Hard-boiled egg
- Salsa w/ brown rice chips
- Arbonne Fit Chews
- Arbonne Energy Fizz Sticks
- Arbonne Protein Snack Bars
- Oats with berries on top with a splash of almond milk
- Chia seed pudding made with almond milk with a sprinkle of berries on top. Look online for chia seed pudding recipes.

- Brown Rice Tortillas (cut into wedges), spritz w/olive oil, bake at 450 for 5-7 min. Add sea salt & serve w/guacamole, hummus/salsa

- Carla Rosser's "On the go oatmeal" - 1/2 cup dry oatmeal. Mix w/equal parts water add 1 scoop Arbonne vanilla protein powder. Let sit for 1 min. Top w/diced green apple or berries of your choice. Make up the night before and store in your frig. Also great snack pre-work out if your activity is too intense for a shake. Makes for a great post workout too.