

clean eating **SNACK** List

Almonds (10-12)

Almond butter (1 Tbsp)

Sunflower seeds (1/4 cup)

Sunflower butter (1 Tbsp)

Fit chews (1)

Arbonne Protein bars (1X2 square)



Green apple (1)

Hard boiled egg (1-4 per week)

Avocado (1/2)

Hummus with veggies (2 Tbsp)

Brown rice cake (1)

Bowl of berries (1 cup)

