

# 50 Clean Eating Snacks



It can be difficult to balance a hectic routine with a healthy diet. More often than not most will fall victim to mid-day drowsiness, however, maintaining energy levels throughout the day with nutritious snacks can help. The difficulty lies with the packaged and processed chips, crackers, and fruit snacks piled in an office vending machine that are drenched in refined sugar, sodium, and unnecessary chemicals. So, instead of succumbing to accessible and unhealthy, prepare simple, unprocessed, and nutritious snacks at home to stock up your pantry, desk, or handbag.

1. Apple slices
2. Carrots with avocado dip
3. Sliced veggies with hummus
4. Medium banana
5. Dried fruit chips (with no added sugar)
6. A hard-boiled egg
7. String cheese and grapes
8. Fruit with skinny Nutella
9. Air-Popped Corn
10. Rolled turkey breast
11. Pineapple spears
12. Skinny berry parfait
13. Bell peppers with low-fat ranch dip
14. Fresh fruit popsicle
15. Celery with peanut butter
16. A handful of almonds
17. Sweet potato hummus with whole wheat crackers
18. Garden salad
19. A handful of pumpkin seeds
20. A cup of sliced berries
21. Steamed edamame with sea salt
22. Sweet and spicy pecans
23. A cup of cottage cheese
24. Steel cut oatmeal
25. Peanut butter yogurt dip with fresh fruit
26. A Clementine (cutie) orange
27. Cinnamon honey nuts
28. Banana blueberry bars
29. Peanut butter honey oat bars
30. Red peppers with hummus
31. Homemade trail mix
32. Baked sweet potato fries
33. Quinoa
34. Skinny Mr. Granola
35. Mung bean and kale soup
36. Marinated mushrooms
37. Strawberry banana smoothie
38. Southwestern kale chips
39. Baked onion rings
40. Curry yogurt dip with whole wheat crackers
41. Bell pepper candy
42. Chunked watermelon
43. Sweet potato crunchies
44. Raw broccoli with low fat ranch dip
45. Quinoa protein bars
46. Romaine lettuce wraps
47. A small box of raisins
48. Sliced tomato and feta
49. Greek yogurt with blueberries
50. Superfood smoothie