



Recommended Snacks

SNACKS

Designed by



SMALL HANDFUL OF NUTS / SEEDS (SEE BELOW)

SCRAMBLED EGG WHITES / BOILED EGGS

LOW FAT COTTAGE CHEESE ON RICECAKES

ALMOND / CASHEW / PEANUT BUTTER WITH APPLE SLICES

0% FAT GREEK YOGURT WITH HANDFUL OF BERRIES

WHOLEGRAIN RYVITA WITH LOW FAT CRÈME CHEESE OR CASHEW BUTTER

CARROT STICKS/CELERY/PEPPER WITH HUMOUS OR HOMEMADE SALSA

A PIECE OF FRUIT / HANDFUL OF BERRIES

VEGETABLE JUICE FROM JUICE BAR OR HOME MADE (NOT PROCESSED)

LEAN MEATS / POULTRY / OILY FISH
(I.E - LEFTOVER CHICKEN BREAST FROM DINNER)



NUTS & SEEDS

A SMALL HANDFUL OF ONE OF THESE, OR A MIXTURE, EACH DAY
WILL GIVE THE EXTRA VITAMINS & MINERALS NEEDED TO HELP
YOUR BODY FUNCTION PROPERLY . . .

ONLY EAT THEM IN THEIR NATURAL FORM, I.E NOT SALTED / NOT
DRY ROASTED / WITHOUT ADDITIVES OR ARTIFICIAL FLAVOURINGS,
AND BE CAREFUL NOT TO HAVE TOO MANY AS THEY ARE
CALORIE DENSE!

ALMONDS
WALNUTS
CASHEWS
MONKEY NUTS
BRAZILS
MACADEMIAS
HAZELNUTS
PUMPKIN SEEDS
SESAME SEEDS
SUNFLOWER SEEDS



TIPS

HAVE A HANDFUL OF BERRIES POST-WORKOUT, THEY ARE PACKED FULL OF ANTI-OXIDANTS WHICH HELP RID THE BODY OF WASTE PRODUCTS & FREE RADICALS, AND THEY TASTE GREAT !



WHEN YOU DO HAVE CARBOHYDRATES, GO FOR WHOLEGRAIN / WHOLEMEAL VARIETIES AS THEY ARE HIGH IN FIBRE & RELEASE ENERGY SLOWLY THROUGHOUT THE DAY TO KEEP YOU FULLER FOR LONGER !

