



Eating snacks that provide protein and fiber can help you to feel fuller longer

HERE ARE SOME OF OUR FAVORITE COMBOS!

SNACK IDEAS

orange + handful of almonds

apple + peanut butter

celery + hummus

mashed avocado + whole grain crackers

blueberries + Greek yogurt

whole wheat toast + almond butter

roasted chickpeas



Contact us today to schedule a nutrition appointment!

www.dynamicdietetics.com

Dynamic Dietetics: 423-339-1415

Email: christie@dynamicdietetics.com

