



Plant-Strong Snacks

good for your whole body

- Baked or roasted sweet potato (with skin) with lime juice and chili flakes
- Steamed baby (red or yellow skin) potatoes w/a pinch of rosemary sea salt
- Whole grain or sprouted grain bread with natural nut butter (non-hydrogenated) (cashew or almond butter are delicious alternatives to peanut butter)
- Hummus, olive tapenade spread or mushroom pate with bell pepper strips, carrots and cucumber
- Pear or apples slices with cashew “cheese”
- Baked seasoned garbanzo beans, fresh fruit
- Soy yogurt (plain & low fat preferable) with fresh fruit and muesli, granola, or high-fiber cereal
- Corn tortilla chips (bake your own!) with guacamole, salsa and bean dip
- Sprouted grain bagel (½) with smashed avocado, sliced tomato, cucumber and red onion
- Oatmeal or quinoa cereal with fruit (berries, apples, pineapple, figs) & nuts or seeds
- Dry-roasted nuts or seeds (1/4 cup) & fresh fruit
- Edamame: boil, lightly salt, shell & eat (pre-shelled & cooked soybeans are also available)
- Trail mix (make your own, choose one from each category): 1) popcorn (air-popped or fat-free), baked garbanzo beans or low-sugar, whole-grain cereal 2) walnuts, cashews, almonds, pistachios, pumpkin seeds, or sunflower seeds 3) dried cherries, raisins, or dried apples) or purchase pre-packaged trail mix that contains no added oils & add category 1. Portion: 1 cup
- Three-bean (garbanzo, kidney & green beans) salad w/roasted peppers & pine nuts
- Hearty cup of vegetable soup – with beans, lentils or split peas
- Brown rice bowl with toasted sesame seeds, spinach, seaweed flakes and edamame
- Baked, seasoned tofu with seasonal fruit