

# MIX-AND-MATCH SNACKS

## **PROTEIN/FAT**

String cheese  
Jerky  
Deli meat  
Hard boiled egg  
Cottage cheese  
Greek yogurt (Plain  
or Oikos Triple  
Zero)  
Nuts  
Hummus  
Guacamole

## **CARB**

Fruit  
Dried fruit  
Wheat Thins  
Sun Chips  
Whole wheat toast  
Sliced veggies (Bell  
peppers, carrots,  
celery)  
Cereal  
Pretzels  
Rice cakes