



BONUS: Grab & Go Snack Ideas



Paleo & Gluten Free Meal Plans

Snack Ideas At-A-Glance:

	Sample 1	Sample 2	Sample 3	Sample 4
Veggie:	Cucumber	Bell Pepper	Celery	Jicama Sticks
Fruit:	Blueberries	Grapes	Dried Cherries	Orange
Protein:	Walnuts	Cashews	PB Packet	Hard Boiled Egg
Other:	Epic Bar	Corn Chips + Salsa	Chips + Hummus	Lara Bar

Snack Ideas by Category:



Veggies

- Carrot Sticks
- Fennel Slices
- Broccoli
- Jicama Slices
- Cucumber Slices
- Celery Sticks
- Bell Pepper Slices
- Cherry Tomatoes
- Snow Peas
- Radishes
- Cauliflower
- Snap Peas



Fruit

- Blueberries
- Pomegranate Arils
- Oranges
- Raisins
- Banana
- Grapes
- Raspberries
- Dates
- Apples
- Cherries
- Dried Figs



Proteins

- Cashews
- Hard Boiled Eggs
- Almond Butter Packet*
- Chorizo*
- Pistachios
- Brazil Nuts
- Tuna Pouch*
- Macadamia Nuts
- Peanut Butter Packet*
- Walnuts



Bars

- Epic Bars*
- Lara Bars*



Chips & Dip

- Organic Corn Chips + Avocado*
 - Potato Chips + Hummus*
 - Sweets & Beets Chips + Salsa*
- Tip: Try veggies with all the dips!

