

APPROVED SNACK LIST

The following is a list of minimally processed snacks that are healthier than chips, cookies and candy.

Each snack also contains a link to a list of brands that I personally recommend as the best in their class !

*Carbohydrates should typically be consumed immediately before or during training.

Protein		*Carbohydrates (Before or During Workout)		Healthy Fats	
Food	Grams of Protein Serving	Food	Grams of Carbs Serving	Food	Grams of Fat Serving
Plain Greek Yogurt	15-20g	Rice Cakes	14g	Seed & Nut Butters	15-20g
Dry Roasted Edamame	14g	Granola	Varies	Dry Roasted Edamame	14g
Roasted Salted Green Peas	5g	Cereals	Varies		
Low-fat Cottage Cheese	10- 15g	Chips & Munchies	Varies		
Light Mozzarella String Cheese	6-7g				
Seed & Nut Butters (comes with healthy fats)	7-9g				