

Quick and Easy Balanced Snacks

The Ultimate Guide

**Holistically Yours
Health and Wellness**



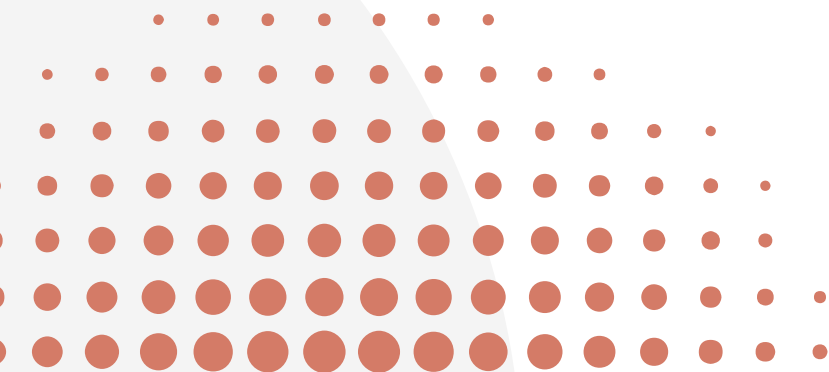


Your food choices make a difference.

***-You Have The Ability To
Heal Yourself From The
Inside Out.***

Live Deliciously,

Cara 





What is the Ultimate Guide?


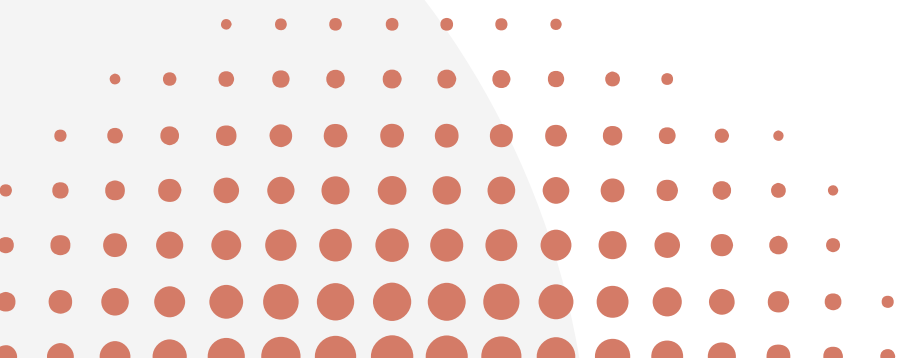
The Ultimate Guide presents the recommendations for having healthy balanced snacks to balance your blood sugar.





Why Do I Need To Balance My Blood Sugar?



- have sustained energy to keep you active throughout the day
 - aides in weight loss
 - provide your body with the nutrients important for growth and repair
 - help to prevent diet-related illnesses
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How to Manage Your B.S.

01

Balance your meals with Protein, Healthy Fat and Fiber

02

Eat foods you Enjoy

03

No Naked Carbs




Quick and Easy Grab And Go Ideas

- Protein yogurt or cottage cheese with granola, nuts and berries
- Jerky with cheese sticks and a fruit or veggie
- Cheese stick, nuts, crackers and apple slices
- Fruit with trail mix
- Carrot sticks with peanut butter
- Dates stuffed with nut butter and chocolate chips





Quick and Easy Grab And Go Ideas

- Chicken or turkey slices with cheese and sliced sweet peppers
 - Snack packs with cheese, nuts and apples
 - Fruit with a granola and nut bar
 - Drinkable yogurt with banana and peanut butter
 - Veggie sticks, carrots or cucumber slices and crackers with guacamole or hummus
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Quick and Easy Recipes

- Note: Recipes can be found on my website at www.HolisticallyYoursHealthAndWellness.com
- Sweet potato with peanut or almond butter and a sprinkle of hemp or flax seeds
- Energy balls
- Silly Monkey Breakfast Cookies
- Frozen yogurt bark
- Apples with peanut butter dip



Quick and Easy Recipes

- Note: Recipes can be found on my website at www.HolisticallyYoursHealthAndWellness.com
 - Chia seed pudding with fruit
 - Apple Nachos
 - Veggie sticks and dip
 - Protein shake
 - Trail Mix with fruit
 - Chocolatey Peanut Butter Rice Thins



Healthier Grocery Store Brands

- Note: Companies can change their ingredients at any time. It's important to make informed decisions so please remember to read ingredient labels. If you'd like my guide to reading ingredient labels please email me at HolisticallyFitAndHealthy@gmail.com

- Siete (chips)
- Bare (fruit crisps)
- Simple Mills (cookies/crackers)
- Siggis (yogurt)
- Lesser Evil (popcorn)
- The Good Crisp (chips)
- Solely (fruit leather)
- Brothers All Natural (freeze dried fruit)



Healthier Grocery Store Brands

- Pipcorn(chips)
- Rind (fruit crisps)
- Skinny Dipped (candy coded nuts)
- Snack Mates (jerky sticks)
- Mission Meats (meat sticks)
- That's It! (fruit bars)
- DeeBees Organics (ice pops)
- Seven Sundays (cereal)
- Yum Earth (fruit snacks)



Healthier Candy

- Note: Try to look for candy without artificial dyes and inflammatory oils.
- Unreal
- Pur Gum
- Yum Earth
- Jolly Gems
- Enjoy Life
- Hu Chocolate
- That's It!
- Smart Sweets
- Skinny Dipped

Thank You

If you found my ultimate guide helpful I'd love to know!
Please contact me at:



| @HolisticallyFitAndHealthy



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For more information or for Health and
Wellness Coaching, please check out our
website at



| www.holisticallyyourshealthandwellness.com

