

Lindsay Lives Well
Healthy Snacks

- Apple with 1 tbsp. of almond butter
- Celery with 2 tbsp. of hummus
- Chopped vegetables with black bean dip or hummus
- Kale chips
- Organic yogurt or dairy-free coconut milk yogurt with 2 tbsp walnuts or pumpkin seeds
- ½ avocado with sea salt
- Banana with shredded coconut, cinnamon, and 1 tbsp. of tahini
- ½ grapefruit with shredded coconut and cinnamon
- Toasted pumpkin seeds
- Organic cottage cheese with ¼ cup strawberries
- Brown rice cake with 1 tbsp. almond butter
- ½ cup edamame with sea salt
- Homemade energy protein balls or a healthy protein bar: Bulletproof Bars & Primal Kitchen Bars are great options.
- Olives
- Beef or turkey jerky
- Slices of cucumber, jicama, bell peppers and snap peas drizzled with olive oil and lemon
- Turkey slices wrapped in lettuce with mustard
- Raw trail mix
- 1 hard-boiled egg
- 1 oz. of dark chocolate
- Sweet potato chips with coconut oil
- Plantain chips with guacamole
- Vegetable soup
- Frozen grapes
- Chia-seed pudding
- Roasted chickpeas
- Homemade granola – add on top of cottage cheese or your favorite dairy or non-dairy yogurt
- Flax crackers with black bean dip
- Celery with peanut butter or almond butter and cinnamon
- ½ cup fresh berries with shredded coconut

POST-WORKOUT: OPTIMAL TIME FOR CARBS

These snacks have a little more natural sugar, so your body tolerates these sugars MUCH better after a workout. Eat within 30-60 minutes for the best results.

- Baked sweet potato with 1 teaspoon of honey & hemp seeds
- Baked apple with cinnamon & 2 tablespoons pumpkin seeds
- Post-workout smoothie with ½ cup fruit and protein powder

POST WORKOUT RAW PROTEIN BALLS

1 RAW PROTEIN BALLS

- 2 tablespoons vanilla protein powder (vegan, hemp, or whey)
- 2 tablespoons hemp seeds
- 2 tablespoons coconut butter or coconut oil
- 5 drops vanilla stevia
- 1/2 tablespoon water
- 1/2 teaspoon cinnamon
- Shredded coconut or raw cacao powder for dusting

Put all ingredients in a mini chopper/food processor and pulse a few times to incorporate. Give the dough a stir and start to roll the mixture into 1 tablespoon-sized balls with your hands.

If the dough is too crumbly, add a few drops of water. Next, roll the balls in shredded coconut & dust with raw cacao powder (optional). Eat right away or store in an airtight container in the fridge.

2 PROTEIN BALLS

- 1/2 cup sunflower seed butter
- 2 tablespoons raw honey
- 2 tablespoons cocoa nibs
- 2 tablespoons shredded coconut
- 3/4 cup protein powder
- 1 teaspoon vanilla extract
- 2 tablespoons hemp seeds

Mix sunflower seed butter, protein powder, honey, and vanilla until smooth. Add remainder of ingredients. Form into 1-inch balls and place in an airtight container. Store in the fridge.

3 RAW COOKIE DOUGH BABY WITH OATS

- 2/3 cup raw almonds
- 2/3 cup raw walnuts or macadamia nuts
- 2/3 cup gluten-free rolled oats
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon sea salt
- 1/4 cup raw honey
- 2 teaspoons pure vanilla extract
- 3 tablespoons cacao nibs or dark chocolate chips

In a food processor, process the nuts, oats, cinnamon, and salt to a fine meal. Add the honey and vanilla and process to combine. Next, add the cocoa nibs (or chocolate chips) and pulse until just combined. Roll the cookie dough into balls about 1 tablespoon in size, wetting your hands if the dough is too sticky, and place them on a cookie pan lined with parchment paper. Place the pan in the freezer for about an hour to firm up. Store balls in a tightly covered container in the freezer.