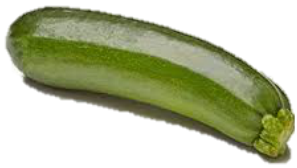


## Balanced Snacks



Zucchini

+



4oz can of tuna

=



Carrots

+



1/3 cup of almonds

=



Celery

+



2 Tbsp of peanut butter

=



Bell pepper

+



1/3 cup of hummus

=



Broccoli

+



4 cubes of cheese

=



Tomato

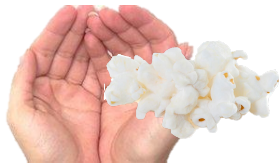
+



1 string cheese

=





3 cups of popcorn

+



1/3 cup pecans

=



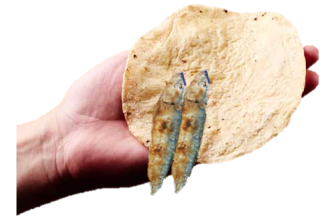
1 whole wheat or corn tortilla

+



Sardines

=



1/2 banana

+



1 protein shake (without sugar)

=



1 cup of cubed melon

+



1/3 cup of walnuts

=



1/2 cup of blueberries

+



3/4 cup of plain yogurt

=



1 brown rice cake

+



1-2 Tbsp of peanut butter

=

