
PRO - RECOVERY SNACKS

- ☐ Hummus/guacamole w/ red pepper slices, pecans or cherry tomatoes
- ☐ Cottage cheese and tomato slices
- ☐ Hard boiled eggs or egg salad
- ☐ Pumpkin or sunflower seeds
- ☐ Turkey/chicken or salami cheese rollups, add guacamole dip
- ☐ Avocado with EVOO, s&p and everything but the bagel seasoning
- ☐ Feta cheese, chopped strawberries and walnuts with balsamic vinaigrette
- ☐ Greek Yogurt with berries, nuts and seeds or blended with beets
- ☐ Fresh cherries
- ☐ Canned tuna or salmon with hot sauce
- ☐ Fruit and nut butters like raspberries with almond butter
- ☐ Berries with homemade whip cream (sub stevia for sugar)
- ☐ Beef/Turkey Jerky
- ☐ Nuts and cheese slices
- ☐ Roasted chickpeas
- ☐ Dried seaweed snacks
- ☐ Coconut Chia Pudding
- ☐ Popcorn sprinkled with parmesan cheese or nutritional yeast
- ☐ Nut milk probiotic smoothies (check labels for added sugar)
- ☐ Olives



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