

Snacks

Choose one of your favorite snacks from the list below to have been meals. All snacks can be eaten at any time of the day. If there are a couple snacks you enjoy feel free to rotate between them.

Option # 1

1 scoop 180 Nutrition or a good quality protein drink
½ tsp Vital greens
1 cup water – combine all ingredients and drink

Option # 2

10 baby carrots
2 tbsp on Tahini

Option # 3

¼ avocado – pureed with lemon and coriander
2 stalks celery
½ cup cucumber

Option # 4

2 tbsp pumpkin seeds
1 cup steamed broccoli

Option # 5

2 tbsp natural almond butter
10 baby carrots

Option # 6

1 hard boiled egg
1 hand full of spinach with ½ cup red pepper, onions, mushrooms – use apple cider vinegar for dressing

Option # 7

1 tbsp raw almond butter
1 red capsicum, sliced

Option # 8

1 tbsp olive oil
1 – 1 ½ cup mixed cherry tomatoes and cucumber, chopped – seasoned with salt and pepper
28 grams goat cheese, crumbled



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Option # 9

6 grilled Prawns

½ cup grilled vegetables – zucchini, mushrooms, onions

Option # 10

5 Strawberries

15 walnuts

Option # 11

½ cup Sheeps/ goats Yogurt

2 tbsp pine nuts

½ tsp cinnamon

Option # 12

¼ cup goats cheese

4 strawberries, chopped

1 tbsp pumpkin seeds

Option # 13

Grain Free Chocolate Chip Cookie (see recipe)

Option # 14

½ cup coyo (coconut) Yogurt

1 tbsp chia seeds

¼ cup blueberries

Option #15

16 pistachios

10 baby carrots

Option # 16

¼ avocado, pureed with lemon and fresh cilantro

1 red capsicum, sliced

Option # 17

2 pieces of bacon, cooked

Small garden salad – use apple cider vinegar as dressing

Option # 18

15 walnuts

15 Blueberries

Option # 19

30 grams goat's feta cheese, crumbled onto vegetables
1 cup chopped cucumber, tomato, capsicum
1 apple

Option # 20

1 tbsp almond butter
½ tsp Vital greens in 1 cup water

Option # 21

30 grams goats/ sheeps cheese
15 grapes

Option # 22

Kale Chips (see recipe)
2 tbsp pumpkin seeds

Option # 23

2 bacon wrapped scallops (see recipe)
10 cherry tomatoes

Option #24

2 scoops protein (180 nutrition or good quality choice)
1 cup unsweetened almond milk
½ tsp cinnamon

Option # 25

15 almonds
1 pear

Option # 26

½ cup Coconut yoghurt

1 tbsp chia seeds

¼ cup blueberries

Option # 27

¼ avocado, chopped
½ red pepper, chopped
coriander
lemon juice
3 stalks celery



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Option # 28

5 Strawberries

1 tbsp raw nut butter

Option #29

1 cup of chicken broth, 2 pickles

Option #30

10-16 Macadamia Nuts