

Healthy Snacks

1. Hard Boiled Eggs (with mustard, mayonnaise or sea salt)
2. Apples, Pears or Berries with Almond Butter or Goat Cheese
3. Pre-Packaged foods like Tabouleh or brown rice dishes
4. Salad Bar at Whole Foods or Byerly's
5. 1 medium baked potato with Cottage Cheese
6. 2 small corn tortillas, raw cheddar cheese (Organic Pastures). Sliced avocado, and tomato
7. 1 Slice Ezekiel Bread with sliced avocado and Chicken
8. Mozerella and Cherry tomatoes
9. 1 medium baked potato with Mozerella and fresh salsa
10. 1 Cup organic, plain goat-milk yogurt with Blue berries and walnuts
11. Sardines packed in Olive Oil with Rice Crackers
12. Avocado and brown rice with Sea Salt and Olive Oil

Healthy Snacks WITHOUT Gluten, Cow's Dairy, Eggs or Soy

1. Raw Nuts mixed with Goji Berries
2. Gluten-Free bread or crackers with 2 Tablespoons of nut butter
3. Blackberries and Sunflower seeds
4. Nitrate-Free Chicken Sausage
5. 2 small corn tortillas, sliced avocado and salsa
6. 1 medium grapefruit sprinkled with Sea Salt
7. 1 Slice of rice bread, nitrate-free turkey, lettuce, tomato, mayonnaise (pure pressed oils)
8. Coconut butter
9. Celery Ribs with almond butter
10. 1 cup unsweetened applesauce and almonds
11. Raw vegetables (cucumbers, snap peas, bell peppers) with hummus or tahini
12. Cold chicken with mustard
13. Nitrate-Free lunch meat wrapped in lettuce
14. Lydia's Organics Sunflower Seed Butter

Great For Breakfast

1. 1-2 Eggs poached or Soft boiled with Steamed greens, raw butter/Coconut oil and sea salt
2. Omelets with Fresh Vegetables
3. Nitrate-Free Lunch Meats with carrot sticks, hummus and a hand full of nuts
4. Leftovers (think of them as "planned-overs") from dinner – It's good to purposely make more than you need for dinner in order to have planned-overs the next day for breakfast or lunch
5. Breakfast burrito – saute onions and garlic until soft, add beaten eggs and scramble. Add top a spinach tortilla with tomatoes, ham or other veggies
6. Breakfast sausages with no additives or added sugar
7. Avocado, halved, filled with tuna
8. Ezekial toast with coconut oil, cinnamon, stevia and a hard-boiled egg
9. Ezekial toast with raw butter and turkey bacon or avocado and sliced turkey