

Healthy Snack Ideas

Sliced banana in whole wheat tortilla with peanut butter. Add honey or try on toast!

Greek yogurt with berries and/or granola.

Vegetables (cucumbers, celery, carrots, peppers, broccoli, etc.) with humous dip.

Apple slices with peanut butter. Also try celery sticks with peanut butter!

Eggs! Make a batch of hard boiled eggs for the week ahead. Great on whole grain toast.

Scrambled egg burritos. You can add beans, veggies, meats, and/or cheese and wrap in tortilla. These can be made in advance and frozen for easy breakfast or a filling snack.

Cottage cheese with fruit (pineapple, peaches, frozen strawberries, etc.)

Cheese and crackers. Can add lunch meat for extra protein.

Roasted chickpeas or edamame. Try making your own in the air fryer!

Mixed nuts or trail mix. Buy in bulk for best value!

Oatmeal! Add chopped apples or berries, or try the high-protein varieties.

Granola or protein bar with a fruit (mandarin, apple, banana, etc.)

Make your own protein bites for the week! Usually consist of quick oats, nut butter, and seeds. Check on this [link of 45 different energy ball recipes!](#)

Classic tuna melt. Try on whole wheat toast or bagels! Try tuna with crackers too.

Canned chili! Easy to heat up and high in protein.

Egg bites – easy to meal prep and customize! Here's a [link to 15 varieties to try.](#)

Grilled cheese sandwich. Add sliced tomato or lunch meat if desired.



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