

Beat the Cravings with Healthy Snacks

We all face moments when perfect food choices feel out of reach. Birthdays, social gatherings, and sweet treats tempt us everywhere. These low-carb, low-sugar recipes can help beat cravings without compromising health. Plan ahead when you can. And have some easy grab-and-go options on hand to stay energized and balanced.

Grain-Free Chocolate Chip Cookies

- **Ingredients:** 1 cup almond flour, 1/4 cup coconut oil (melted), 1 egg (or flax egg for vegan), 1/4 cup monk fruit sweetener, 1/2 tsp vanilla extract, 1/4 cup sugar-free dark chocolate chips, 2 tbsp chia seeds.
- **Prep:** Mix all in one bowl. Scoop onto a baking sheet; bake at 350°F for 10-12 minutes. Cool and store for up to a week.

Trail Mix with Dark Chocolate

- **Ingredients:** 1/2 cup almonds, 1/2 cup walnuts, 1/4 cup pumpkin seeds, 1/4 cup unsweetened coconut flakes, 1 oz 85-90% dark chocolate (broken into pieces), optional: a handful of freeze-dried berries.
- **Prep:** Toss together in a bowl. Portion into small bags to grab and go.

Cheese Crisps

- **Ingredients:** 1 cup shredded cheddar or parmesan cheese (grass-fed if possible), optional spices: paprika or garlic powder.
- **Prep:** Pile small mounds on parchment-lined baking sheet; bake at 400°F for 5-7 minutes until golden. Cool to crisp.

Easy Mug Brownie

- **Ingredients:** 2 tbsp cocoa, 2 tbsp maple syrup or honey, 1 egg
- **Prep:** Wisk together, microwave 40 seconds.

Berry Protein Shake

- **Ingredients:** 1 scoop beef or plant-based protein powder (unsweetened), 1/2 cup frozen berries (like blueberries or raspberries), 1 cup almond milk, 1 tbsp chia seeds.
- **Prep:** Blend for 30 seconds. Make ahead in batches.

Avocado Chocolate Mousse

- **Ingredients:** 2 ripe avocados, 1/4 cup unsweetened cocoa powder, 1/4 cup monk fruit sweetener, 1/2 tsp vanilla, pinch of sea salt.
- **Prep:** Blend until smooth; chill for 10 minutes.

Cauliflower "Popcorn"

- **Ingredients:** 1 head cauliflower (cut into florets), 2 tbsp olive oil, sea salt, optional herbs like rosemary.
- **Prep:** Toss with oil and salt; roast at 425°F for 15 minutes until crispy.

Stuffed Celery with Nut Butter

- **Ingredients:** 4-6 celery stalks, 1/2 cup almond or pecan butter (unsweetened), optional: sprinkle of cinnamon or sea salt.
- **Prep:** Fill stalks with butter; slice if desired.



Grab and Go Options

Protein-Rich Whole Food Bars

- Equip Prime bars are a beef based option with collagen, tallow, and colostrum.
- RxBar offers simple ingredients, with great flavors and low-sugar.
- Perfect Bar is a nut-based, refrigerated option with whole food ingredients.

Nut and Seed Mixes

- Pre-portioned bags of macadamias, pecans, or Brazil nuts (e.g., Blue Diamond, Sahale, or Wegmans unsalted/no sugar).
- Avoid trail mixes with candy or dried fruit.

Pork Rinds or Cheese Crisps

- Store-bought pick: Epic Pork Rinds (sea salt) or Whisps Cheese Crisps (parmesan).
- Pre-portion into bags or containers for easy grab and go.

Unsweetened Full-Fat Greek Yogurt

- Store-bought pick: Fage 5% Greek Yogurt or Lifeway Organic Kefir (plain).
- There are a ton of new yogurt, kefir, and skyr options on the market with low sugar. There are even coconut-based options.
- Tip - add berries or sprinkle with chia to add protein, fiber, and interest.

Dark Chocolate Squares

- Choose 85% Dark chocolate options such as Lily's or Hu Chocolate Bars (stevia-sweetened, simple ingredients).
- Break off 1-2 squares.

Fermented Veggies

- Bubbies Sauerkraut or Cleveland Kraut Kimchi (refrigerated section, raw/unpasteurized).
- Fork from the jar—work your way up to a 1/4 cup as a side.

Grass-Fed Beef Sticks

- Brands like Chomps or Epic (original flavors, no sugar added).
- Pair with veggies like cucumber, celery, or carrot.

Canned Wild-Caught Tuna Packets

- Store-bought pick: Wild Planet Sardines in olive oil or Safe Catch Tuna Pouches (low-sodium).
- Prep: Drain and eat straight from the can/pouch; top with mustard if available.

Olive and Cheese Platter

- Ingredients: 1 cup mixed olives (kalamata or green, pitted), 4 oz aged cheddar or goat cheese (organic), optional: a few cherry tomatoes.

