



Super Slim Down Snacks



Grape & Coconut Protein Pudding

2 servings

35 minutes

Ingredients

- 1/2 cup Chia Seeds
- 1 cup Plain Greek Yogurt
- 2/3 cup Water
- 1/2 tsp Cinnamon
- 1 1/16 ozs Vanilla Protein Powder
- 2/3 cup Grapes (halved)

Directions

- 1 In a small bowl, mix together the chia seeds, yogurt, water, cinnamon, and protein powder.
- 2 Layer the chia pudding and grapes into small jars, one jar per serving, and refrigerate for at least 30 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is 3/4 cup of chia pudding.

More Flavor: Add maple syrup.

Additional Toppings: Nuts and seeds.



Turkey & Cheese Skewers

2 servings

10 minutes

Ingredients

- 1/4 Cucumber (medium, sliced)
- 4 ozs Sliced Turkey Breast
- 4 ozs Cheddar Cheese (cubed)
- 4 Barbecue Skewers (small)

Directions

- 1 Take a barbecue skewer and thread a piece of cucumber, sliced turkey, and cheese. Then add a slice of cucumber, a slice of turkey and another piece of cheese. Repeat with each skewer until all of the ingredients are used up.
- 2 Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two six-inch (15 cm) skewers.

No Sliced Turkey: Use sliced ham.

Dairy-Free: Use a plant-based cheese alternative.



Air Fryer Hard Boiled Eggs

1 serving
25 minutes

Ingredients

2 Egg

Directions

- 1 Preheat the air fryer to 275°F (135°C).
- 2 Place the eggs in the air fryer basket, in a single layer. Cook for 15 minutes, then immediately transfer to an ice bath.
- 3 Let sit in the ice bath for about five minutes. Peel and enjoy!

Notes

Leftovers: Refrigerate in an airtight container with the shell on for up to seven days.

Serving Size: One serving is equal to two eggs.

More Flavor: Top with everything bagel seasoning or seasoning of choice.



Prosciutto, Tomato & Mozzarella Skewers

2 servings

10 minutes

Ingredients

- 4 Barbecue Skewers (small)
- 1 cup Cherry Tomatoes
- 1 1/2 ozs Prosciutto (thinly sliced, folded)
- 2 1/16 ozs Small Bocconcini

Directions

- 1 Take a barbecue skewer and thread a tomato, piece of prosciutto, and bocconcini one at a time until filled. Repeat with each barbecue skewer. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day. Best enjoyed immediately.

Serving Size: One serving is equal to two six-inch skewers.

More Flavor: Add fresh basil to the skewers.

Additional Toppings: Flaky sea salt and/or balsamic glaze.



Ham & Cheese Rolls

1 serving
5 minutes

Ingredients

3 ozs Sliced Ham
1 1/2 ozs Cheddar Cheese (cut into sticks)

Directions

- 1 Wrap the ham around the cheese sticks and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.



Tuna & Tomato Lettuce Wrap

2 servings

10 minutes

Ingredients

1 can Tuna (drained)
2 cups Cherry Tomatoes (chopped)
2 tbsps Cream Cheese, Regular
1/2 head Iceberg Lettuce (small, leaves pulled apart)

Directions

1

Mix the tuna, tomatoes, and cream cheese until well combined. Spread the lettuce leaves with the tuna mixture and roll up tightly. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to one lettuce wrap.

More Flavor: Add fresh herbs like parsley, basil, and chives.

Iceberg Lettuce Leaves: Cut off the bottom end of the head of the lettuce and gently peel the leaves to maximize the surface area.

Dairy-Free: Use mayonnaise or dairy-free cream cheese instead.



Feta & Radishes

1 serving

5 minutes

Ingredients

2/3 cup Radishes (thinly sliced)

1/4 cup Feta Cheese (crumbled)

Directions

- 1 Mix the radishes and feta cheese together in a bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add olive oil and lemon juice.

Dairy-Free: Use dairy free cheese instead.



Turkey & Cheese Rollups

1 serving

5 minutes

Ingredients

1 3/4 ozs Swiss Cheese (sliced)

3 1/8 ozs Baby Pickles

4 ozs Sliced Turkey Breast

Directions

1

Add on a slice of cheese and a pickle onto each slice of turkey. Roll and secure with a toothpick. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately three rollups.

More Flavor: Serve with a side of dijon mustard for dipping.



Tuna & Crackers

1 serving

5 minutes

Ingredients

- 1/2 can Tuna (drained)
- 1 tbsp Mayonnaise
- Sea Salt & Black Pepper (to taste)
- 1 oz Seed Crackers

Directions

- 1 Mash the tuna with a fork in a bowl. Mix in the mayonnaise and season with salt and pepper.
- 2 Serve tuna mixture with the crackers. Enjoy!

Notes

Leftovers: Refrigerate the tuna mixture in an airtight container for up to three days.

More Flavor: Add lemon juice, dried herbs, and spices, like garlic powder or dried dill, or capers.

No Tuna: Use canned salmon instead.

No Mayonnaise: Use vegan mayonnaise, plain yogurt, or mashed avocado instead.

No Seed Crackers: Use another cracker, crispy flatbread, or cucumber slices instead.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Fat-Burning Yogurt Bowl

1 serving

5 minutes

Ingredients

1 cup Plain Greek Yogurt
1/4 cup Blueberries
1 tbsp Monk Fruit Sweetener
1/4 cup Blackberries

Directions

- 1 Add all ingredients in a bowl, mix and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add vanilla extract, cinnamon, or sweetener of choice to taste.

Additional Toppings: Fresh berries, banana or other fruit, chopped nuts, chia seeds, hemp seeds, granola.

No Coconut Yogurt: Use Greek yogurt instead.

No Sunflower Seed Butter: Use another nut or seed butter instead.