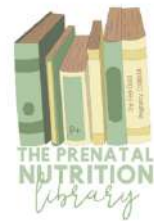


LOW CARB/ ON-THE-GO

Snacks



While these delicious recipes require some preparation, most of them can be made in about 15 minutes! The dishes that require a little more time can be prepped ahead and kept in the fridge to enjoy for 3-5 days during your busiest part of the week for grab and go!

SNACK BOX

18 g carb | 15 -20 g Protein

- 2 Boiled eggs
- 4 mini cucumbers or bell pepper slices
- 2 tbs Primal Kitchen Ranch
- 1 Lara Bar (22 g net carbs)
- Lower carb: 1/4 cup pecans or almonds instead of Lara Bar

Directions:

1. Prepare boiled eggs
2. Assembly all listed foods in the box.
3. Enjoy



COTTAGE CHEESE BOATS

20 g carb | 23 g Protein

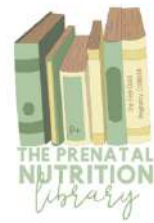
- 2 medium Cucumber
- 3/4 Cup 4 % Cottage Cheese
- Optional: tomato slices

Directions:

1. Slice cucumbers in half
2. Dig out seeds with a spoon
3. Fill with Cottage Cheese
4. Sprinkle with pepper, as desired



LOW CARB *Snacks* ON-THE-GO



CAPRESE SNACK BOX

25 g carb | 17 g Protein

- 6-7 fresh Basil leaves
- 1/2 cup mozzarella cheese
- 1/2 cup cherry tomatoes
- Balsamic glaze drizzle
- 2 cuties or 1 orange

Directions:

1. Wash cherry tomatoes and basil.
2. Add basil, cheese, tomatoes, & glaze in one compartment and mix.



ON THE GUAC

19 g carb | 16 g Protein

- wholly guacamole mini
- classic hummus single
- 23 whisps cheddar
- celery sticks, cucumber sticks
- 1/2 red bell pepper, cut into sticks/slices



PEANUT BUTTER ROLL UP

5 g carb | 10 g Protein

- 1 Cinnamon [egglife wrap](#)
- 1 tbs Creamy peanut butter
- 1 1/2 tsp cinnamon
- 1 ounces cream cheese

Directions:

1. Mix cream cheese and Peanut butter
2. Heat wrap on stovetop or microwave
3. Spread mixture on wrap, sprinkle with cinnamon.
4. Roll up and slice into individual rolls



*This recipe can be made a chip/dip combo if you cut the egglife wrap into triangles, spray with cooking oil and bake until crispy!

SALMON SPRING ROLL

19 g carb | 22 g Protein

- 4 oz baked Salmon
- 1/2 Carrot, Shredded
- 1 mini Cucumber, thinly sliced
- 3 Rice Paper
- 1/4 cup chopped Red Cabbage
- Butter lettuce to fill

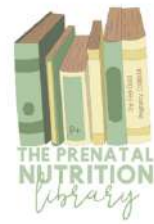
Directions:

1. Mix Salmon, carrot, red cabbage together in a bowl
2. Place rice paper in a shallow dish with warm water for 10 seconds or until softened, lay on cutting board
3. Fill with part of mixture, layer of cucumber, and butter lettuce
4. Tightly roll paper to hold contents
5. Serve chilled or warm, dip into dressing and enjoy!



Dressing: Mix 1/4 cup low sodium soy sauce, 2 tbs rice wine vinegar, 1 tbs ginger, 1 tbs minced garlic, 1 tbs olive oil together

LOW CARB *Snacks* ON-THE-GO



STUFFED MUSHROOMS

- 2 Portobello Mushroom Caps
- 2 Sun-dried Tomatoes, chopped
- 1 cup chopped, sautéed spinach
- 1 Garlic Clove, chopped
- 3 Basil Leaves, chopped
- 2 Tbs Feta Cheese
- More protein: add ground beef

10 g carb | 10 g Protein

Directions:

1. Mix together tomatoes, spinach, garlic, and basil
2. Wash mushrooms and place mixture on cap, sprinkle with feta cheese
3. Bake on 400 degrees for about 10 minutes



PARM KALE CHIPS

- 3 Cups Kale
- 1/4 Cup Shaved Parmesan
- 1 Tbs. Extra Virgin Olive Oil
- 1 Tbs. Sherry Vinegar

4 g carb | 11 g Protein

Directions:

1. Wash kale and pat dry, place in bowl
2. massage oil and vinegar onto kale, coating evenly
3. Spread onto baking sheet and bake on 300 for 20 minutes
4. Halfway through baking, sprinkle parmesan on top



FILLED AVOCADO

- 1 Avocado
- 1 Can Skipjack (light) Tuna, drained (you can also use chicken)
- 4 Chives, chopped
- 2 tbs Bolthouse farms honey mustard
- Cracked Pepper, to taste

19 g carb | 26 g Protein

Directions:

1. Mix Tuna, honey mustard, chives into a bowl
2. Cut Avocado in half and scoop each half from avocado onto plate
3. Place mixture into avocado and add pepper to taste



AVOCADO "FRIES"

- 1 Avocado
- 1 1/2 tbs Nutritional Yeast
- 1 1/2 tbs Hemp Hearts

Directions:

1. Mix nutritional yeast and hemp hearts into a plate
2. Cut Avocado into slices and coat each side
3. Enjoy chilled or at room temperature! (can drizzle hot sauce as desired)

17 g carb | 15 g Protein

