

SMART SNACKING



Create a sandwich bar

Have a salsa making party

- Trail Mix: nuts, raisins, dried cereal, crackers
- Raw, unsalted nuts: cashews, almonds, walnuts
- Rice cakes
- Pasta salad
- Whole grain crackers
- Flax crackers
- Ants on a log
- No Bake Energy Bites

Stock up on smoothie ingredients

Stick It



Veggies & Dip

Wrap it Up

For more details & recipes visit:

www.lisacheplak.com



LISA CHEPLAK
THE HEALTHY FAMILY