

Balancing the Busy's

Healthy Snack Ideas

CHEESE, CRACKERS & FRUIT

NUT BUTTER WITH APPLE OR CELERY

BEEF JERKY & FRUIT

HUMMUS WITH VEGGIES/CRACKERS

YOGURT AND FRUIT

CHIPS AND SALSA

TRAIL MIX

HARD BOILED EGG & FRUIT/VEGGIE

SMOOTHIE WITH A MUFFIN

POPCORN AND FRUIT

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