

Quick & Easy Snacks

3 x Rice cakes
100g Cottage cheese
40g Avocado

Add veggie toppings of your choice



1 x Boiled egg
2 x Multigrain crackers
15g Sriracha mayo

Add veggie toppings of your choice



60g Hummus - any type
50g Carrot sticks
50g Cucumber sticks

Change up the veggies to your seasonal favourites!



Protein bar of your choosing
1 Medium apple

100g Greek yogurt - can be swapped for vegan alt
30g Granola

Add a little fruit for toppings - we love blueberries & a drizzle of peanut butter

