

Quick, Easy and Healthy: Mini-Meals for Throughout the Day GRAZING IS GREAT!

Whether you use them as meals or as snacks, the following food combinations provide great carbohydrate and healthy protein to help you steady your blood sugars and keep you fueled for the day. Experts recommend eating 6-8 small meals throughout the day to keep your metabolism at it's highest. Get organized and plan ahead so that these foods are on hand and ready to go. Enjoy!

- 0 string cheese with a piece of fruit
- 0 string cheese with low fat crackers
- 0 yogurt with a piece of fruit
- 0 yogurt with whole grain toast
- 0 cottage cheese with canned or fresh fruit
- 0 cottage cheese with low fat crackers
- 0 cottage cheese with whole grain toast
- 0 low fat/sugar free pudding with nuts
- 0 tuna fish sandwich
- 0 tuna and low fat crackers
- 0 peanut butter sandwich
- 0 peanut butter on crackers
- 0 peanut butter on apple or pear
- 0 nuts/seeds with a piece of fruit
- 0 nuts/seeds with dry cereal as a trail mix
- 0 nuts/seeds with baby carrots/other veggies
- 0 hummus/bean dip on toast
- 0 hummus/bean on low fat crackers
- 0 hummus/bean dip on apple or pear
- 0 hummus/bean dip with baby carrots/other veggie
- 0 hummus/bean dip on tortilla with salsa
- 0 salad with beans (black bean, garbanzo, etc...)
- 0 salad with cheese
- 0 salad with sunflower seeds or other nuts
- 0 peppers stuffed with rice and beans
- 0 peppers stuffed with quinoa and beans
- 0 peppers stuffed with rice and cheese
- 0 peppers stuffed with tuna or salmon casserole
- 0 favorite frozen/fresh veggie with cheese melted on top
- 0 favorite frozen/fresh veggie with nuts/seeds on top
- 0 chicken/other meat with vegetables
- 0 chicken/other meat on tortilla with salsa
- 0 one piece pizza
- 0 rice/pasta with meat/cheese
- 0 bowl of cereal with milk