

## *“Weekly Tip: Healthy Snacks”*

**By: Mind to Muscle Sports Conditioning Centre**

1. Raw veggies
2. Apple with Almond Butter
3. Cottage cheese with fruit and/or nuts
4. Mixed nuts
5. Lara Bars (Gluten free, Sugar free and all natural - Costco, Zhers)
6. If you crave the sweets - Dark Chocolate Almonds
7. Fruit
8. Hard boiled egg

**\*\*Prepare as much food as possible on Sunday for the coming week\*\***