

# Energy Boosting snacks ideas

For when you need that quick  
'pick me up'





*For those hot summer  
days **Pretzels** with  
**Hummus** make for a  
great replenishing  
snack*







*1/2 cup of gut friendly  
yoghurt such as **Greek**  
**Yoghurt** or **Kefir**  
combined with **fresh**  
**berries** or **cinnamon***





*Whole wheat biscuits  
are great combined  
with a protein (e.g.  
Peanut Butter, Cheese  
etc)*





*Another refreshing  
snack idea is **crunchy**  
vegetables (e.g.  
carrots, celery etc)  
and Hummus*



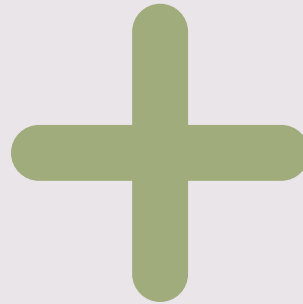


*To keep blood sugar  
balanced opt for a  
slice of cheese and  
fruit of your choice*





*For something sweet  
but still high protein  
try Cottage Cheese  
with Honey*





If you're interested in being more in tune with how your food affects your mood, head to our website [ablogfordays.com](http://ablogfordays.com) and purchase our downloadable food and mood journal!

*Thoughtfully developed by our nutritionist*

