



# SNACKING LIKE PRO

1

## PORTION OUT SNACKS AHEAD OF TIME

Put your snacks in separate containers that you have already measured out. This helps you know how much you are eating.

2

## CHOOSE LOW-CALORIE OPTIONS

Plain popcorn is a great option as well as vegetables and fruit like grapes. Grapes, carrots and apples are great because there isn't any prep needed.

3

## PAIR WITH PROTEIN

Hard boiled eggs and carrots, apple and peanut butter, or a handful of nuts and grapes are all great options. Pairing a protein with one or two of your snacks will help you feel fuller longer!

4

## INDULGE SOMETIMES!

Sometimes you just need something sweet. Acknowledging that will help you from bingeing and eating too much. A sweet every once in a while fits into every lifestyle, even a healthy one!

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