

Snack Prep Cheat Sheet

7 Quick Nourishing Snacks for On-the-Go Stewardship | prioritizecal.com

1. Honey Oat Energy Bites

15 min · 18 bites

1½ c oats, ½ c peanut butter, ■ c honey,
½ c dark choc chips, 2 tbsp chia seeds, 1 tsp vanilla

Mix all. Chill 20 min. Roll into balls.

2. Apple + Cinnamon Almond Butter

3 min

1 apple (sliced), 2 tbsp almond butter,
pinch cinnamon, drizzle honey

Slice apple. Sprinkle cinnamon on butter. Dip & enjoy.

3. Savory Trail Mix

5 min · 6 servings

1 c almonds, ½ c pumpkin seeds, ½ c walnuts,
¼ c coconut flakes, ¼ c dried cranberries, sea salt

Toss together. Portion into bags or jars.

4. Hummus & Veggie Roll-Ups

5 min

1 whole wheat tortilla, 3 tbsp hummus,
spinach, shredded carrots, ¼ cucumber

Spread hummus, layer veggies, roll tight, slice.

5. Coconut Date Protein Balls

10 min · 14 balls

1 c dates, ½ c cashews, 2 tbsp coconut oil,
¼ c coconut, 1 scoop protein powder, sea salt

Pulse in processor. Roll into balls. Coat in coconut.

6. Greek Yogurt Parfait Cups

5 min

¾ c Greek yogurt, ¼ c granola, ¼ c berries,
1 tsp honey, 1 tbsp flaxseed

Layer in mason jar. Seal. Refrigerate overnight.

7. Cheese, Crackers & Fruit Plate

3 min

2 oz cheese (cubed), 6–8 whole grain crackers,
grapes or apple slices, 5–6 almonds

Arrange in bento container. No cooking needed.

Weekly Shopping List

Produce

- apples
- baby spinach
- carrots
- cucumber
- grapes
- fresh berries

Nuts & Seeds

- almonds
- cashews
- walnuts
- pumpkin seeds
- chia seeds
- flaxseed

Pantry

- rolled oats
- honey
- dark choc chips
- dried cranberries
- coconut flakes
- coconut oil
- whole wheat tortillas
- whole grain crackers

Dairy & Protein

- Greek yogurt
- sharp cheddar or gouda
- peanut/almond butter
- hummus