

AH SNACK GUIDE

This document contains lists of recipes from our books as well as Mix & Match options.

For Mix & Match

Choose one ingredient from at least two of the lists on the bottom row. Snacks should contain at least 2 out of 3 macronutrients. Click on underlined items for links to recipes on our blog.

AH SNACKS

Cucumber Boats with Turkey and Feta (pg. 294)

Cold-Cut Lettuce Boats (pg. 294)

Basic Hummus (pg. 290)

Edamame (pg. 296)

Trail Mix (pg. 291)

Spicy Pumpkin Seeds (pg. 292)

Herb-Roasted Chickpeas (pg. 293)

Pinto Cheese Dip (pg. 290)

A slice of leftover Dr. Ludwig's Favorite Frittata (pg. 186)

AD SNACKS

Pakoras with Tamarind Dipping Sauce (pg. 270)

Socca Pinwheels (pg. 273)

Black Bean Pâté (pg. 274)

Mushroom Pâté (pg. 275)

Spinach Artichoke Snack Bites (pg. 277)

Arugula, Beet, and Goat Cheese Snack Bites (pg. 278)

Mint Chocolate Power Balls (pg. 279)

Tamarind Roasted Almonds (pg. 280)

Cucumber Vegetable Rolls (pg. 281)

SLOW CARB

Berries

Roasted Beans

Sweet Potato Fries (P2)

Hummus/Bean Dip

Fruit

Dried Fruit (P2)

Muffin (Homemade)

Waffles/Pancakes/Socca Wraps/Crepes

Socca Crackers

**TIP: For Socca (chickpea flour) recipes, see Always Delicious pages 195-210.*

FAT

Nuts/Seeds

Avocado

Dressing/Sauces

Oil

Butter

Full-Fat Dairy

Nut/Seed Butter

Eggs or Deviled Eggs

Mayonnaise

Dark Chocolate

PROTEIN

Beans

Jerky

Cottage Cheese

Greek Yogurt

Dairy Products

Meatballs

Eggs or Egg "Muffins"

Protein Powder

A Slice of Quiche

Canned Fish/Meat

Fish/Meat Pâté