# 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

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