

Ocean View Nutrition

Nutritional Snack Planning

1 Beverages

- Herbal Tea, Bone Broth, Fresh Juice (limit), Pure Water, Almond Milk Green Tea Latte

2 Blends/Juicing

- Kale-Cucumber-Peas-Apple-Blueberry Blend
- Carrot-Beet-Dandelion Greens-Celery-Cilantro Blend
- Carrot-Kale-Celery-Parsley Blend
- Arugula-Beet-Micro green-Romaine-avocado-Berry Blend
- Considerations for all blends:
 - Include a protein: Nuts, Seeds, Nut butter, Kefir, Yogurt, Protein powder
 - Include fats: Nuts, Seeds, Nut butter, Nut milk, Coconut oil, Avocado, Kefir, Yogurt
 - Take the opportunity to add boosters: spirulina, chlorella, fresh herbs, spices, nutritional yeast
 - Variation: Change it around from day to day for variety and seasonality
 - Don't save it for later: Drink it within 10-15 minutes to maintain vitamins

3 Snacks – Build a snack with Protein, Fats and Carbs

- **Make a wrap to go**
 - Wrap: tortilla, seaweed or lettuce, blanched kale
 - Protein/Fats: sliced meat, egg, hummus, cheese, avocado, nut butter
 - Carb: the wrap itself, veggie sticks, grated carrot, fresh herbs, mustard, salsa
- **Spiced Mix & Match:**

Add to taste on each snack: ground ginger, cinnamon, turmeric &/or paprika

 - Melon and prosciutto
 - Pate and Crackers with sliced olives or pickles
 - Endive filled with goat cheese and dried cranberry
 - Fresh fruit, almonds and yogurt
 - Apple/Pear and cheese/nut butter
 - Carrots with hummus
 - Figs and walnuts
 - Kale chips and a slice of cheddar goat cheese
 - A cup of lentil soup
 - Guacamole with jicama sticks
 - Brazil nuts and berries
 - Turkey sliced rolled around asparagus or a bread stick (dip in mustard)
 - Pickle spears dipped in hummus
 - Hard boiled egg with a little mustard, pesto or balsamic and a few crackers
- **Leftovers**
 - Pack a container for later when making dinner or lunch. That way it's sure to be a balanced snack and not just what was not eaten, i.e., just the veggies left from a stew.