



Healthy Meals & Snack Ideas

Healthy Meals

- Overnight oatmeal with flax, fruit, & walnuts
- Egg omelette cups
- Quinoa/veggie cups
- Boiled eggs
- Mashed avocado on crackers or toast
- Baked potato
- Healthy low sugar/high protein/fibre smoothies
- Banana & peanut butter sandwich
- Almond or nut butter with toast
- Sweet potato waffles (freeze & toast)
- Banana oatmeal flax pancakes
- Turkey & cheese rolls
- Chicken/tofu, bean & cheese quesadilla
- Quinoa or pasta salad
- Lentil, beet & veggie salad
- Kale & cabbage salad with fruit
- Meat & cheese kabob
- Turkey, cheese & lettuce sandwich
- Bagel with smoked salmon & capers
- Veggie wrap
- Sweet potato wedges
- Cooked tuna or salmon on crackers or bread
- Mini nan pizzas
- Salad in a jar with veggies, nuts, seeds, berries, hemp hearts & dressing on the side
- Baked vegetable slices (kale, sweet potatoes, red peppers, zucchini, asparagus, beets, parsnips, Brussels sprouts etc)
- Stir fry with tofu, bean sprouts, green onions, carrots, zucchini, bamboo, mushroom, rice noodle & homemade peanut sauce
- Greek or coconut yogurt parfait with granola/hemp & fresh blueberries
- Zoodle stir fry
- Zucchini/vegetable patty
- Tacos with veggies & ground turkey/tofu
- Cabbage rolls
- Veggie lasagna
- Veggie burgers (quinoa/sweet potatoes/beans/lentils/other veggies mashed)





Fruits & Veggies Options

- Fresh raw veggies (baby carrots, cucumber slices, grape tomatoes, red pepper strips, snap peas, celery, broccoli, cauliflower) dipped in hummus/guacamole
- Edamame
- Oranges
- Apples
- Mangoes
- Melon
- Kiwi
- Peaches
- Grapes
- Strawberries
- Blueberries
- Raspberries

Snacks Ideas

- Unsweetened applesauce
- Breakfast cookies- apples, carrots, coconut, raisins, walnuts
- Easy fruit crisp with apples, apple sauce, low sugar granola & oats
- Dates stuffed with a nut butter
- Cucumber & grape tomato salad
- Rice cakes with cottage cheese & chives
- Healthy low sugar muffins
- Made good granola bites or bars
- Celery sticks with a nut butter
- Roasted chickpeas with salt & seasoning
- Crackers/pita with guacamole, hummus, salsa or greek yogurt dip
- Homemade fruit leather (dehydrated fruit)
- Homemade trail mix using your favourite nuts, seeds, low sugar dried fruit, & some dark chocolate chip
- Popcorn
- Chips & salsa
- Fruit salad
- Chia pudding
- Pudding
- Rice Krispie squares
- Hello dolly square
- Energy Balls
- Lara Bar
- Apple & almonds
- Pretzels
- Baked veggie chips
- Seaweed snacks
- Edamame crisps
- Cheese & crackers
- String Cheese
- Yogurt
- Granola bars



After School/Work Snack Tip

- Use a muffin tin to portion out healthy snacks. Fill half the tin with veggies & fruit, 2 with healthy dips & the rest with your choice.

