



healthy & delicious snacks

# For Busy People



## TOO BUSY TO EAT...

**Snacking can be a powerful tool for maintaining a healthy lifestyle. With the right choices, snacking can provide a boost of energy, help regulate hunger, and provide essential nutrients for the body. Here are some reasons why snacking is a great option - when you feel too busy to eat & why it's important for health:**

TOO BUSY! We hear ourselves saying how busy we are...we have too much to do, too little time, and not enough resources at our disposal.

As a mother of two, owner of two successful businesses, and after 14 years in educational leadership - believe me I understand BUSY.

What I also understand, because I learned it the hard way, is:

*I don't have time to be sick.  
I don't like feeling sluggish.  
I don't want to not be full of vitality!*

So, if you like me find yourself keeping several plates spinning and want to continue with grace, ease, and wellness...then the secret is healthy, rich, and snacking!

Snacking; fuels our bodies, helps us to focus, balances emotions, and is our secret weapon for achieving more, feeling great, and looking just as fabulous!

So here are my best recommendations for on-the-go, delicious, health-conscious snacks!

# SNACKING - YOUR SUPER POWER

*Snacking is the art of enjoying smaller, more frequent amounts of nutrients. Supporting healthy snacking begins with a little preparation. Consider what you love to eat, is good for you - and the benefits of snacking begin to show....*

## 1. Regulates Hunger:

Snacking can help regulate hunger and prevent overeating at meals. Eating small, healthy snacks throughout the day can help prevent hunger pangs and prevent binge eating.

## 2. Boosts Energy:

Snacking on nutritious foods such as fruits, nuts, and whole grain crackers can provide a quick boost of energy. This can help increase focus and productivity during the day.

## 3. Provides Essential Nutrients:

Snacking can be a great way to add more nutrients to your diet. For example, snacking on a handful of almonds can provide healthy fats, fiber, and protein.

## 4. Supports Weight Management:

Choosing healthy snacks can help support weight management by providing essential nutrients and preventing overeating.

## 5. Increases Nutrient Density:

Snacking can help increase the nutrient density of your diet by adding extra fruits, vegetables, and whole grains.

*Aspire*  
LIFE COACHING





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# Our Top Tips



## OUR TOP SNACKS!

**When it comes to snacking, it's important to choose wisely. Opt for nutritious options such as fruits, vegetables, whole grain crackers, and nuts. Avoid sugary snacks and processed foods, as these can negatively impact health.**

1. Fresh fruits: Apples, bananas, grapes, and berries are easy to carry and provide essential vitamins and minerals.
2. Nuts and seeds: Almonds, walnuts, pumpkin seeds, and sunflower seeds are a good source of protein and healthy fats.
3. Yogurt: Choose plain or Greek yogurt, and add fresh fruit or nuts for extra flavor and nutrition.
4. Hard-boiled eggs: A high-protein option that is easy to pack and eat on the go.
5. Veggies and hummus: Carrots, cucumbers, celery, and other vegetables can be paired with hummus for a healthy and tasty snack.
6. Whole grain crackers or rice cakes: Top with almond butter or avocado for a satisfying and nutritious snack.
7. Energy bars: Look for bars made with natural ingredients, such as dates, nuts, and dried fruit.
8. Turkey or chicken breast slices: A good source of lean protein, perfect for a quick and healthy lunch option.
9. Salad in a jar: Prepare a salad at home and store it in a jar for a healthy and convenient option.
10. Smoothies: Blend fresh or frozen fruit, yogurt, and a protein source such as nut butter or milk for a delicious and healthy drink.

We love finding healthy and delicious food options that are easy to pack and eat on the run, helping you maintain a balanced diet even when you're busy.