

## Whole Food **REAL FOOD** Snacks

- Chopped sweet apple with 1 chopped date, 1 T shredded coconut, 1 T almond or peanut butter, 1 T raw nuts
- Ezekiel's Sprouted Whole Grain English Muffin with almond butter
- Smoothie made from fresh/or frozen fruit/ organic greens – add protein powder for extra boost
- Deb's Green Pudding (ask us for recipe)
- 2 T Raw nuts and seeds – almonds, walnuts, cashews, hazelnuts, pecans etc.
- Homemade trail mix – raw nuts, seeds, dried fruit such as raisins, apricots, dates
- Nature's Candy: Dates, Dried papaya, dried apricots, figs; limit to a few pieces, try adding to anything that needs a sweetener
- "Pecan Pie"; fill a date with large pecan; okay it isn't pecan pie but it is yummy!
- Apple with organic almond, cashew or peanut butter
- Raw Chocolate Pudding (ask us for the recipe)
- Tuna/Salmon kits
- Guacamole, salsa, organic canned beans and 5-7 tortilla chips
- SUNBURGERS, Organic Veggie Bites, or Veggie Burgers
- Salads with salmon, raisins, carrots and balsamic dressing
- Precut veggies – plain, dipped in natural peanut butter or hummus
- Fresh fruits – precut or whole
- Veggies dipped in Avocado-Orange Dressing

- Organic celery with organic peanut butter and coconut drizzled on top
- Baked potato topped with salsa
- Baked potato with Chili (vegetarian or turkey chili tastes great too)
- GO RAW “GRANOLA” made from buckwheat, dates and sprouts (available at Wegman’s) try adding 2 T on top of a piece of fruit, (such as banana with peanut butter) then add 1-2 T raw nuts, shredded coconut, cinnamon, and unsweetened almond or coconut milk
- LARABAR - this is a raw food bar with usually three ingredients including raw nuts, fruit and sweetened only with dates
- KIT’S ORGANIC Fruit and Nut Bar- similar to Larabar but it is organic (made by Cliff available at Wegmans)
- DEB’s Raw Chocolate Pudding (ask us for the recipes)
- 2 hard boiled eggs and an orange
- Spinach salad with hard boiled eggs, chicken or turkey
- Chicken taco with lettuce/ tomatoes
- Organic whole wheat bean burrito (Costco sells these in freezer section)
- Wild Salmon burger (Costco sells these in freezer section)
- A roasted chicken breast with salad
- DEB’s Amazing Chocolate (or Carob) Peanut butter Smoothie (ask us for recipe)
- Sliced turkey rolled up with avocado slices, tomato slices/ or sprouts
- Banana with almond butter or raw peanut butter
- Frozen banana & frozen strawberries whipped in the blender for thick milk shake or ice cream texture
- Soup suggestions; split pea, lentil, black bean, vegetable, vegetarian chili, white bean & chicken chili, turkey chili, beef vegetable, butternut squash, sweet potato

- AMY's ORGANIC LENTIL SOUP- try adding your own leftover veggies, plus lots of garlic to a can of any of her Lentil soups her soup
- AMY's ORGANIC FRENCH COUNTRY VEGETABLE SOUP- try adding ½ cup of this soup on top of your leftover vegetables or cold on top of a salad
- Cajun style peel & eat shrimp
- Oatmeal Porridge; add raw nuts/seeds, ½ apple, and 1-2 dates
- “Green Lemonade” see recipe; or fresh juiced carrot/apple combo
- Build a salad with organic kale, spinach and romaine; add nuts, beans, legumes or lean meat, add balsamic vinegar for dressing
- Swiss Chard Wraps- put mustard or hummus on a big piece of red Swiss chard and add turkey or salmon burger (romaine works well too)
- *The Raw Bakery\**; 100% Raw Carob Brownies
- *Brad's Raw Kale Chips*
- *Lydia's Organics Kind Food\**; Grainless Apple Cereal
- *Lydia's Organics Kind Food\**; Bars (sweetened with dates only)
- *Caramel Naturel Date Almond Rolls* – add ½ or 1 to anything you want sweetened
- Sweet potato with cinnamon
- Baked apples with organic butter, cinnamon, chopped nuts, and organic oats
- Baked acorn squash with raisins, walnuts, cinnamon and organic butter
- Pumpkin Smoothie with organic canned pumpkin, unsweetened cocoa or carob, coconut or almond milk, 1 tsp non-alcohol vanilla, protein powder and *Green's First Boost*
- LILLY's dark chocolate chips or LILLY BAR sweetened with Stevia
- *Raw Rev Bars*