

Snack List:

* 1 apple + 1 T almond butter
* Organic baby spinach or baby kale + sliced cucumbers + 1-2oz chicken or turkey + 1 T homemade dressing ( see recipe below)
* Half batch of Protein Oatmeal Cookies ( see recipe below)
* ½ of a Shaklee Smoothie ( 6oz almond milk), ½ C fruit, 1 scoop Shaklee 180 smoothee mix, 3-4- ice cubes)
* Piece of fruit + Shaklee 180 Snack Bar ( or half of a Shaklee 180 Meal-in-a-Bar)
* 2 T hummus dip or homemade guacamole with 1 serving of rice crackers and/or veggies
* Celery sticks + 2 T natural nut/seed butter ( peanut, almond, sunflower)
* 1 C berries + 6oz organic Greek yogurt ( lactose free if you are lactose intolerant)
* 1 pear + 1oz cheese (non- dairy if you are lactose intolerant)
* 2 C air popped popcorn (no oil or salt added)
* Banana ( on its own or on a brown rice cake with a little 1 T almond butter)
* 2 egg omelet with loads of veggies and topped with salsa
* Rice cakes and raw nut butter
* Cottage Cheese salad ( 100 calories)

½ C low-fat cottage cheese

¼ C chopped green bell pepper

¼ C chopped tomato

Pinch of sea salt or herbs

Pinch of freshly ground pepper

* Cottage Cheese veggie dip ( 120 calories) Mix ¼ tsp lemon pepper in the cottage cheese…Enjoy!
* ½ C each baby carrots and snow or snap peas dipped in Cottage Cheese veggie dip
* Boiled Egg ( hormone free)
* 3oz Deli Turkey = 100 calories. Wrap in a few lettuce leaves to make a mock sandwich. Be sure you buy hormone free brands that are free of nitrates and nitrites. Some people put a pickle with it
* 3oz Water-Packed Tuna paired with a few stalks of celery and a squeeze of lemon juice for texture and tang
* 2 sliced Pears in a cashew-cinnamon 6oz Greek yogurt (139 calories, 4 g protein) Add the yogurt, 2 T cashew butter, ¼ tsp honey( to taste), and ¼ tsp ground cinnamon in a bowl. Whisk to combine and dip pears in your yogurt sauce

Recipes:

**Salad Dressing:**

1 T white wine vinegar

½ tsp agave nectar

3 T extra virgin olive oil

Pinch of salt or freshly ground pepper

**Oatmeal Cookies:**

1 banana

½ C oats

1.5 scoops Shaklee 180 Smoothee mix

Mash together and separate into cookies, then bake at 350 degrees for 15 minutes

**Smoothee Recipes:**

***Chocolate Peanut Butter Smoothee***

2 scoops Shaklee 180 Chocolate Smoothee Mix

8oz almond milk

1 tsp peanut butter

Ice as needed, combine and blend until creamy

***Strawberry Banana Smoothee***

2 scoops Shaklee 180 Vanilla Strawberry Smoothee Mix

8oz almond milk

3 frozen strawberries

1/3 banana

Ice as needed, combine all ingredients and blend until creamy

***Pina Colada Smoothee***

2 scoops Shaklee 180 Vanilla Smoothee Mix

8oz almond milk

½ C fresh, frozen, or canned pineapple ( no syrup)

½ tsp coconut extract

Ice as needed, combine all ingredients and blend until creamy

***Green Smoothee***

2 scoops Vanilla Shaklee 180 Smoothee Mix

1 C fresh chopped greens ( collards, kale, or spinach)

½ C frozen pineapple or canned pineapple ( no syrup)

½ C frozen ripe banana

1.5 C unsweetened almond or coconut milk

Ice if needed, combine all ingredients and blend untl creamy

