



snack hacks

A Cheat Sheet For Healthy Eats

A special bonus from RachaelRoehmholdt.com

Did you know that snacking throughout the day is a healthy way to curb cravings, keep your mood balanced, and keep your energy levels high throughout the day?

It's true – and it's great news for busy women like you and I who don't always make time for healthy and nourishing meals for ourselves.

That's where healthy snacking comes in – it can save you from cranky moods, reaching for coffee in the middle of the afternoon, and from wanting to nap under the covers during a rousing game of hide-and-go-seek with your toddler.

But all snacks aren't made equally. There is a bunch of crap out on grocery store shelves that are disguising themselves as healthy choices – that really aren't.

When it comes to getting a healthy snack that will keep you satisfied and alert, you'll want to reach for the most whole foods friendly options as possible. That means leaving the cookies, crackers, and sweets on the shelves and grabbing fruits, veggies, beans, and whole grain options instead.

Here's my cheat sheet for healthy eats – a list of 101 healthy snacks that will keep you fueled and nourished all day long. This snack list is categorized into flavors and textures – since many of us tend to decide what we're in the mood for based on what sensory experience we'd like to have.

For more tips & resources on healthy living for mamas, visit RachaelRoehmholdt.com

Sweet Snacks

1. apples with your favorite nut butter (almond, peanut, cashew, etc.)
2. whole fruit smoothie
3. plain yogurt mixed with fresh fruit and drizzled with honey
4. whole grain (or gluten-free) toast with fruit preserves
5. dried fruit
6. healthy chocolate “shake” – in a blender, combine 2 cups ice with 1 cup almond milk (or other milk), a splash of vanilla, one tablespoon of raw cacao powder or cocoa powder, and a squeeze of honey
7. banana ice cream: blend frozen bananas with a squeeze of honey in a food processor until silky smooth
8. freshly squeezed fruit juices: make your own and try different combos
9. roasted sweet potato chunks: cut sweet potatoes into chunks, drizzle with cinnamon and a bit of melted coconut oil and bake at 375 degrees for 45 minutes (this is great when made in a batch and leftovers can be grab-and-go from the fridge)
10. dates stuffed with almond butter or other nut butter
11. fruit leather
12. homemade whole grain muffins
13. pomegranate seeds



Sweet Snacks

14. organic dark chocolate or carob chips (one of my favorites!)
15. chia pudding – mix 3 tablespoons chia seeds with 1 cup almond milk (or other liquid, add honey, vanilla, fresh berries, cocoa powder, etc. to your liking)
16. dark chocolate dipped strawberries (or other fruit)
17. frozen banana slices dipped in chocolate
18. grapefruit drizzled with coconut sugar
19. frozen yogurt dipped fruit – dip your favorite fruit in vanilla yogurt and freeze
20. cup of coffee with almond milk and a drizzle of maple syrup
21. banana chips – dehydrate banana slices in the oven
22. homemade gelatin with low-sugar fruit juice
23. homemade popsicles
24. chocolate popcorn – mix homemade popcorn with melted coconut oil, a few spoonfuls of coconut sugar and some cocoa powder. Cover and shake to coat the popcorn
25. fresh fruit slices dipped in vanilla yogurt
26. cocoa coconut melts – mix melted dark chocolate with melted coconut oil and add natural sweetener of choice. Fill small candy molds and freeze.

Salty Snacks

27. roasted pumpkin seeds
28. olives
29. pickles or pickled vegetables (like carrots, daikon, beets, etc.)
30. tabouli
31. sauerkraut
32. small amount of your favorite organic cheese
33. cottage cheese
34. hard-boiled eggs
35. mixed nuts
36. whole grain crackers with olive tapenade
37. pickles rolled up with organic turkey breast and cut into slices
38. homemade tomato juice made by pulsing fresh tomatoes in a blender
39. stuff fresh figs with feta cheese and drizzle with honey



Salty Snacks

40. tomato and basil salad with balsamic vinaigrette
41. string cheese
42. organic turkey jerky
43. tuna on whole grain (or gluten-free) crackers
44. Sahale nut mix
45. miso soup
46. rice crackers
47. handful of baked pita chips
48. whole grain pretzels
49. pesto stuffed mushrooms
50. dried nori
51. kale chips seasoned with onion powder and salt – tastes like sour cream & onion chips!

Crunchy Snacks

52. frozen grapes
53. carrots & hummus
54. popcorn (plain or with seasonings added)
55. celery sticks and nut butter (almond, peanut, cashew, etc.)
56. kale chips
57. corn tortilla chips & salsa or guacamole
58. spiced nuts
59. fruit & nut trail mix (homemade or store-bought)
60. roasted chickpeas (try this recipe)
61. hummus on whole-grain (or gluten-free) toast
62. fake-out fruit crisp – mash berries and sprinkle with granola
63. roasted almonds with chili powder
64. goji berries and slivered almonds



Crunchy Snacks

65. baked apple chips
66. granola (plain or as granola bars)
67. sugar snap peas
68. pears
69. rice cakes with hummus and cucumber slices
70. fruit & nut bar
71. toasted walnuts
72. red pepper strips with bean dip
73. apple slices with cashew butter and hemp seeds
74. frozen edamame
75. raw broccoli cut into florets with plain yogurt
76. tamari seasoned rice cakes

Creamy Snacks

77. avocados stuffed with salsa
78. green smoothies with fresh fruit, almond milk (or other milk), handful of greens, and sweetener
79. hummus and whole grain (or gluten-free) crackers
80. pureed soups
81. mashed sweet potatoes or other squash
82. coconut milk steamer – mix 1 cup coconut milk with 1/4 tsp cinnamon, dash vanilla, and a squeeze of honey and heat until warmed through
83. veggie sticks and bean dip
84. applesauce
85. peanut butter and whole fruit jam sandwich
86. “banana cream pie” in a bowl – mix vanilla yogurt with slices of banana and top with chopped walnuts
87. roasted veggie hummus and veggie sticks – puree your favorite hummus with roasted beets, red peppers or garlic for a healthy boost
88. homemade healthy deviled eggs – substitute avocado for mayonnaise in your favorite recipe
89. creamy smoothies – add nut butter to any of your favorite smoothies for a luxurious texture



Creamy Snacks

90. homemade hot cocoa ([this](#) is a great healthy & easy recipe)
91. frozen yogurt: freeze yogurt and make your own!
92. spoonful of peanut butter with a handful of chocolate chips
93. “cheesy” queso dip – blend soaked cashews with salt, nutritional yeast, chili powder, onion powder and garlic powder. serve with corn tortilla chips
94. mango sorbet – blend frozen mangos in a food processor until smooth
95. pumpkin pie yogurt – mix pumpkin puree with vanilla yogurt and cinnamon
96. mix peanut butter and greek yogurt for a fruit dip
97. homemade fudgesicles
98. avocado mashed with lime juice and salt and spread on whole grain (or gluten-free) crackers
99. avocado pudding – blend one avocado with honey or maple syrup and a splash of almond milk – you can also add cocoa powder for a chocolate version!
100. oatmeal with fresh fruit (non-instant is best)
101. berry sorbet – blend frozen berries with a bit of honey in a food processor until smooth

What's Next?

Identify the healthy snacks from the list that sound delicious to you!

Add the ingredients to your shopping list, so next time you find yourself reaching for a snack, you have healthy no-brainer options ready and on-hand.

Loved this bonus material? Get even more!

Grab my “7 Secrets To Creating a Body and Life You Love” [right here](#) (or click on the image to the right).

Learn how a few simple self-care strategies can help you look amazing and feel fantastic - even with little ones at home!



For more tips & resources on healthy living for mamas, visit RachaelRoehmholdt.com

Meet Rachael Roehmholdt

I help mamas who stay at home with young kids discover the art of extreme self-care to look and feel as good as you did before you had kids – without going on any crazy diets or spending hours at the gym.

As a certified holistic health coach, I provide flexible online courses focusing on small subtle shifts to clean up your diet, find your “me” time, and learn how to love yourself from the inside out.

While most health and lifestyle coaches serving moms focus on just one aspect of health – exercise, nutrition, or organizing your time – I’m committed to helping you explore many different options to find strategies that work for you and your unique life.



Rachael



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