



MEAL PREP

Portable Healthy Snacks!

These snacks are all portable, preppable, healthy & delicious! Get creative with your favorite ingredients and flavors, and don't feel like you need to follow a recipe for any of these!



PORTABLE VEGGIE DIPPERS

8 oz mason jars, or other container
celery
carrots
hummus/peanut butter

- Cut your celery, carrots or other dippers to the size of the jars.
- Spoon some hummus/PB into the bottom of the jar.
 - Add the dippers.
 - Seal up the jar.
- Store for up to a week in the fridge.

NUTRITION
varies by ingredients



TRAIL MIX

1 cup (15g) popped popcorn
¼ cup (40g) roasted peanuts
¼ cup (40g) roasted almonds
¼ cup (40g) pumpkin seeds
¼ cup (35g) dried blueberries, no added sugar
(or sub other dried fruit)
2 Tbsp dark chocolate chips (optional)
pinch of cinnamon (optional)
pinch of salt

- Toss all ingredients together, adjusting cinnamon and salt to taste if desired.
 - Store in an airtight container.
 - Lasts up to 2 weeks in the pantry.

NUTRITION (serves 6, 1/3 cup)
127 calories | 11g carbs | 8g fat | 3g protein



PREPPABLE PARFAIT

8 oz mason jars, or other container
2 cups of fruit of choice
2 cups (450g) yogurt
1 cup (100g) granola

- Fill mason jars with ½ cup fruit, followed by ½ cup yogurt.
- Store in the fridge for 5-7 days.
- Store granola separately in smaller airtight containers/bags, and add to the parfait when you're ready to eat.

NUTRITION
varies by ingredients



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