

# Hungry?

**Choose a snack of  
PRODUCE + PROTEIN**

*A winning combo to hydrate + satisfy.*

- Apple + almonds (10)
- Pear + cheese stick (1)
- Carrots + hummus (4 T)
- Tomatoes + turkey jerky (1 oz)
- Grapes + soynuts (1/4 c)
- Orange + pistachios (30)
- Cucumber + hard boiled egg (1)
- Celery + peanut butter (1.5 T)

*For more helpful resources, visit:*

**[www.DawnJacksonBlatner.com](http://www.DawnJacksonBlatner.com)**