

How to Snack on the Meal Plan

What You Need To Know About Snacking

It is completely normal to get hungry in between meals. A snack may be a piece of fruit or more. Aim for snacks to be balanced by incorporating carbohydrates, proteins, and fats, to eat a diversity of nutrients. Remember: "fun foods" like brownies and chips are normal parts of a balanced diet, including snacks.

Examples of carbs are oatmeal, fruit, and bread. Examples of protein are eggs, chicken, tofu, and nuts/seeds. Examples of dietary fats are avocados, fish, nuts, tofu, and eggs.

Some (but not all!) Snacks on the Residential Meal Plan:

Corcoran, McElroy, Stuart:

- Yogurt Parfait with granola
- Vegan Dumplings
- Vegan "Chicken" Nuggets
- Celery and Carrot Sticks Cup
- Falafel & Tahini Mayo on Grilled Pita
- Tabouli Salad
- Marinated Tofu
- Smoothie
- Chicken Pesto Pasta Salad
- Slice of Pizza
- Overnight Oats

Eagle's Nest:

- Mixed Fruit Cup
- Baked Goods
- Chips
- Soup
- Whole fruit
- Acai Bowl

Addie's:

- Hard Boiled Eggs
- Hummus
- Edamame Cup
- Fiesta Bean Salad Cup
- Yogurt Parfait with granola
- Chips

Lyons:

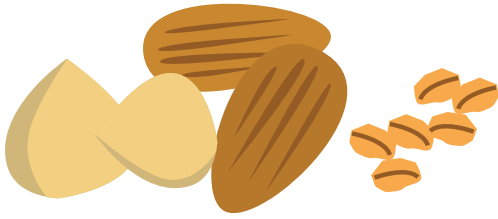
- Baked goods
- Hard Boiled Eggs
- Baby Arugala Parmesean Salad
- Muffins
- Bagels
- Cheese Platter
- Soup
- Mediterranean Platter
- Whole fruit

DID YOU KNOW?

Lots of snack options can be found in the grab & go sections of the dining halls!

HEALTHY SNACKS

Nuts and Seeds



Dairy

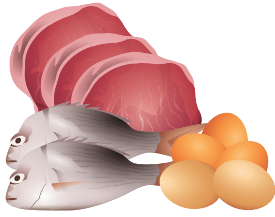


- 1-2 slices of whole wheat toast spread with 2 Tbsp peanut butter and banana
- ¼ cup nuts and 1 fruit
- 2 Graham crackers with 2 Tbsp nut butter
- 1 sliced apple with 2 Tbsp almond butter
- "Ants on a log": celery stick, peanut butter, raisins
- Peanut butter and banana milk shake: 8 oz milk, 1 frozen banana, 1 Tbsp of peanut butter and cinnamon
- 1 cup homemade trail mix: 1/4 cup high-fiber cereal, 1/4 cup chopped nuts, 1/4 cup dried fruit, 1/4 cup plantain chips
- 1 medium cookie + ¼ cup nuts
- 1/2 cup pepitas (pumpkin seeds)
- 6 oz Greek yogurt with 2 Tbsp chopped nuts, nut butter or sunflower seeds, or ½ cup berries
- 1 cup cottage cheese with ½ cup fruit, and ½ cup granola or whole grain crackers
- 2 cheese sticks and whole grain crackers
- 1/2 cup tzatziki with veggie slices
- Fruit smoothie: 1 cup plain or vanilla Greek yogurt blended with ½ cup berries, 1 tbsp chia seeds, and ice
- ½ cup high-fiber cereal like Kashi Go Lean Crunch or Grape nuts w/8 ounces 1 % milk or 6 oz of 1 or 2% Greek yogurt
- English muffin pizza: English muffin, toasted, with 2 Tbsp tomato sauce and ¼ cup mozzarella cheese



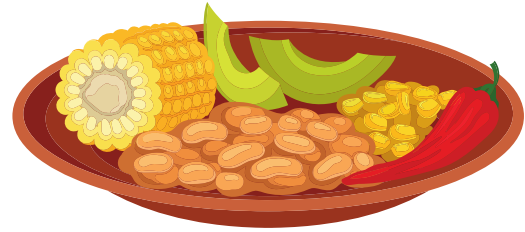
HEALTHY SNACKS

Meat/Fish/Eggs



- turkey and cheese sandwich with mustard on a 6 inch tortilla
- 3-4 slices chicken in a pita with lettuce, tomato, sliced red peppers and hummus
- ½ cup tuna/egg/chicken salad with 1-2 slices bread
- 2 hardboiled eggs with toast or medium-sized fruit
- 2 turkey roll ups with cheese or veggies rolled up inside
- 1 slice of avocado toast with an egg prepared how you like
- 2-3 strips of beef jerky with crackers
- 4 ounces sardines

Beans, Avocado, and Veggies



- ½ cup Edamame and fruit
- Dried seaweed with ½ cup edamame or guacamole
- ½ cup hummus with pretzels
- 1 whole wheat pita with ½ cup hummus
- Quick Mexican Bowl:
1/3 cup black beans, 2 Tbsp salsa, ¼ sliced avocado, combined with whole grain tortilla chips
- ½ cup guacamole with whole grain crackers
- ½ cup white bean dip with slice of bread and fruit
- Greek Salad:
Cucumber, tomatoes, black olives, feta cheese, olive oil, salt & pepper (you can add a scoop of tuna too!)

