



**Men's
8 Week
Transformation
Challenge**

Snack Options

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Choose one of your favorite snacks from the list below to have between meals. All snacks can be eaten at any time of the day. If there are a couple snacks you enjoy feel free to rotate between them.

1 scoop protein powder
½ tsp Greens
1 cup water – combine all ingredients and drink

¼ avocado – pureed with lemon and cilantro
2 stalks celery
½ cup cucumber

2 tbsp pumpkin seeds
1 cup steamed broccoli

2 tbsp natural peanut butter
10 baby carrots

1 hard boiled egg
1 hand full of spinach with ½ cup red pepper, onions, mushrooms – use apple cider vinegar for dressing

1 tbsp raw almond butter
1 red pepper, sliced

1 tbsp olive oil
1 – 1 ½ cup mixed cherry tomatoes and cucumber, chopped – seasoned with salt and pepper
1 ounce goat cheese, crumbled

6 grilled shrimp
½ cup grilled vegetables – zucchini, mushrooms, onions

5 Strawberries
15 walnuts

½ cup Greek Yogurt
2 tbsp nuts
½ tsp cinnamon

½ cup cottage cheese
4 strawberries, chopped
1 tbsp pumpkin seeds

Grain Free Chocolate Chip Cookie (see recipe)

½ cup Greek Yogurt
1 tbsp chia seeds
¼ cup blueberries

16 pistachios
10 baby carrots

¼ avocado, pureed with lemon and fresh cilantro
1 red pepper, sliced

2 pieces of bacon, cooked
Small garden salad – use apple cider vinegar as dressing

15 walnuts
15 Blueberries

1 ounce goat's feta cheese, crumbled onto vegetables
1 cup chopped cucumber, tomato, red pepper
1 apple

1 tbsp almond butter
½ tsp Greens in 1 cup water

Kale Chips (see recipe)
2 tbsp pumpkin seeds

2 bacon wrapped scallops (see recipe)
10 cherry tomatoes

2 scoops protein powder

1 cup unsweetened chocolate almond milk
½ tsp cinnamon

15 almonds
1 pear

½ cup cottage cheese
¼ cup blueberries

¼ avocado, chopped
½ red pepper, chopped
cilantro
lemon juice
3 stalks celery

5 Strawberries
1 tbsp raw nut butter