

Snacking 101

Slimband®

BONUS TIP! Use hemp or brown rice protein powder: suitable for vegans, vegetarians or anyone who wants to boost proteins in their diet without having to consume whey or soy proteins.

Why snacking is important

Your Slimband® diet should include **3 meals and 2-3 snacks daily**, with the goal of eating 1 cup of food at each meal. Snacks are a MUST in order to reach your daily nutritional requirements. Also, including snacks in your diet is what stokes your metabolism to keep working steadily the entire day.

What does a Slimband® snack look like?

Aim for a *protein-centred* snack each time.
BUT NOT JUST PROTEIN.

Pair a protein-rich food with another food group.

for example:



1 protein choice (15-20 g)



1 starch or grain (i.e., 4 slices melba toast) *or*

1 vegetable serving (i.e., ½ cup cooked or 1 cup raw) *or*

1 fruit serving (i.e., ½ cup fruit)



10 almonds + 1 small pear

Now you have created a Slimband® snack! It's an optimal snack to delay stomach emptying the longest—stoking your metabolism to give you steady blood sugars, and making sure your body uses the food for fuel instead of storing it as fat.

Bored with snacks?

Here are some delicious ideas!

1 T peanut butter with 1 small apple (slice and dip!)

1 oz low fat goat cheese with 4 slices melba toast

1 T almond butter on 2 rice cakes

⅓ cup hummus with carrot and celery sticks

Nonfat cottage cheese with cubed melon

½ cup yogurt with ¼ cup unsweetened granola and handful of berries

10 almonds or cashews with small pear

1 small can of tuna mixed with small cubed pieces of apple

1 snack size protein bar



Slimband® Snack Ideas!

A snack doesn't have to be 'snacky'.

TRY THESE:

½ cup oatmeal with 1 scoop protein powder

2 egg white omelette with 1 rice cake

2 slices of turkey rolled with 1 oz. low fat cheese.
Then eat with 10 grapes.

½ cup chili on top of ½ a small, baked sweet potato