



HEALTHY *snacks*


Cassy Joy's
FED  **fit**
PROJECT
with Juli Bauer

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HEALTHY Snacks

Snacks are a relatively touchy subject in the world of nutrition because there are two main schools of thought:

- * That snacks support a “faster metabolism”
- * That snacks impede a natural metabolism

I tend to fall in the latter group. When the body is in its most natural state, it abides by a predictable, healthy circadian rhythm. Training your body to know when it’s going to be presented with nutrients and when it’s going to have a break from digestion is just as important to metabolic health as a regular sleep schedule. Constant snacking keeps hunger and satiety hormones from ever truly fulfilling their responsibilities, and the practice provides no rest for the digestive system. It essentially puts the body in a constant state of low-level stress caused by frequent eating. I argue that the feeling of hunger between meals is natural—healthy, even.

Save for one major exception: food for fitness! With regard to pre- and post-workouts, snacks, or mini meals, have a distinct purpose and a direct metabolic use. Though not always necessary (see pages 58 and 59 for further explanation), mini meals can be quite advantageous to a person wanting to get the most out of his or her exercise efforts.



PRE-workout

In some ways, you can think of any meal after your last workout and before your next workout as a pre-workout meal. Whatever you take in is going to be used as fuel for your body in some regard! However, for the sake of this discussion, I'm going to cover the small meals that best help prepare the body for a workout.

Sample Pre-Workout Meal Templates

FIRST-THING-IN-THE-MORNING WORKOUT

Option A: Fasting

If you can get through your workout with even energy and don't feel dizzy, you can absolutely roll out of bed and right into your sweat session. Fasting workouts, depending on your individual symptoms, can be perfectly healthy.

Option B: A small piece of protein and a small piece of fat.

MID-MORNING WORKOUT

None; your breakfast counts as a pre-workout meal.

PRE-LUNCH WORKOUT

Option A: None, especially if you had a nice big breakfast and don't feel hungry.

Option B: A small piece of protein and a small piece of fat.

MID-AFTERNOON WORKOUT

None; your lunch counts as a pre-workout meal.

BEFORE-DINNER WORKOUT

Option A: None, especially if you had a nice big lunch and don't feel hungry.

Option B: A small piece of protein and a small piece of fat.

POST-DINNER WORKOUT

None; your dinner counts as a pre-workout meal.

Sample Pre-workout Snacks

(mix and match with your favorite proteins and fats!)

- * 1 hard-boiled egg with a small dollop of homemade mayo
- * 2 to 3 ounces of deli meat and a small handful of nuts
- * A small handful of leftover poultry, pork, or red meat with a small dollop of homemade ranch dressing (page 338)
- * 1 homemade protein bar (page 306)
- * Any other combination of protein and fat within the scope that you enjoy!

WHAT ABOUT CARB-LOADING?

I get this question a lot from endurance athletes, and I think it bears a dedicated answer. For the most part, carbohydrate loading is an activity that should be reserved for a minimum of two days out. While carbohydrates taken in the day before and the day of an athletic event can contribute to blood glucose and some muscle glycogen, if you want to make sure that your muscles have a healthy bank of energy stored up (in the form of glycogen), it's best to get a two-day head start. If you're looking to run a half marathon on Sunday morning, for example, I recommend enjoying a giant baked sweet potato for dinner on Friday.

POST-workout

There are three important things to take in for post-workout nutrition: water (with electrolytes if needed; see “Hydration” on pages 36 and 37), starchy vegetables (for glucose and eventual glycogen replenishment), and protein (to provide plenty of readily available amino acids for repairing muscle damage). Choose any starchy vegetable from the list of healing foods presented earlier in this chapter. The protein, though the options are endless, can be more easily put to use by the body if it’s partially broken down (think: slow cooker shredded chicken, pot roast, whey protein powder, or collagen peptides).

Sample Post-Workout Meal Templates

FIRST-THING-IN-THE-MORNING WORKOUT

Option A: Breakfast! Make sure that it includes a healthy starch and protein.

Option B: A small serving of protein and healthy starch.

MID-MORNING WORKOUT

A small serving of protein and healthy starch.

PRE-LUNCH WORKOUT

Option A: Lunch! Make sure that it includes a healthy starch and protein.

Option B: A small serving of protein and healthy starch.

MID-AFTERNOON WORKOUT

A small serving of protein and healthy starch.

BEFORE-DINNER WORKOUT

Option A: Dinner! Make sure that it includes a healthy starch and protein.

Option B: A small serving of protein and healthy starch.

POST-DINNER WORKOUT

A small serving of protein and healthy starch.

Sample Post-workout Snacks

(mix and match with your favorite proteins and fats!)

- * 2 to 3 ounces of shredded chicken and half a sweet potato

- * 2 to 3 ounces of deli meat and 1 cup of carrot sticks

- * 1 scoop of protein powder blended with half a plantain

- * Any other combination of protein and carbohydrate within the scope that you enjoy!



NUTRIENT TIMING

Isn't there a really narrow window that I need to hit to make the most of my pre- and post-workout nutrition?

This is another one of the most-asked questions I get related to workout nourishment. My answer is yes and no.

Why Yes—If you're an elite athlete or really looking to fine-tune your athletic efforts with nutrition and meal timing, it's good to consider that the body is more efficient in converting glucose to glycogen and up-taking that glycogen in the muscles within approximately one hour after an exerted physical activity.

Why No—If you're not an elite athlete but are looking both to make the most out of your workout and to establish a new healthy lifestyle, nutrient timing may not be something you need to worry about. As long as you're eating three healthy, balanced meals each day, you're going to see progress and feel amazing. If the thought of organizing dedicated pre- and post-workout mini meals feels overwhelming or even keeps you from working out altogether, then I say forget about it.



PRE-WORKOUT snacks

1. All natural deli meat or sliced chicken breast + 1-2 tablespoons roasted garlic pesto **PRINTED PAGE 348 | EBOOK PAGE 42**
2. Hard boiled egg mashed with 1/4 an avocado
3. Canned tuna fish + 1 tablespoon tahini
4. Sardines + 1 tablespoon homemade mayo + hot sauce
5. Homemade chia pudding + gelatin or grass fed whey (1/2 cup full fat coconut milk, 1 tablespoon chia seeds, 1-2 tablespoons gelatin or whey)
6. Lettuce wrap with 2 ounces sliced chicken breast or all natural deli meat + 1 piece bacon + creamy jalepeño ranch
PRINTED PAGE 339 | EBOOK PAGE 40
7. Smoked salmon + 1-2 tablespoons paleo sour cream
PRINTED PAGE 341 | EBOOK PAGE 44
8. Sliced chicken breast + 1 tablespoon almond butter
9. Hard boiled egg + 1 piece bacon + 1 tablespoon homemade mayo
10. Chilled steamed shrimp + 1/4 mashed avocado + hot sauce

POST-WORKOUT snacks

1. Ground beef + sautéed carrots
2. Chicken breast + mashed sweet potato
3. Sausage (chicken/beef/pork) + mashed pumpkin
4. Sautéed ground beef + sautéed plantains
5. Ground beef + plantain chips
6. Hard boiled egg + sautéed beets and bacon
7. Ground beef + sautéed sweet potato, beets, and onions (hash)
8. Canned tuna + chopped carrots, snow peas, and cucumbers + 1 teaspoon avocado oil + mustard
9. 3 ounces ground beef patty + baked white potato + home spicy ketchup

PRINTED PAGE 349 | EBOOK PAGE 43

10. Chicken breast + roasted parsnips + salsa rojo

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InstaSNACK

Snacking inspiration from my everyday life



 follow me on instagram @fedandfit



Recipes

PERFECT HARD-BOILED EGGS

SNACKS

PREP TIME

15 minutes

COOK TIME

10 minutes

YIELD

12 eggs

12 large eggs, chilled

TOPPING SUGGESTIONS

3-Ingredient Paleo Ranch [PRINTED PAGE 348](#) | [EBOOK PAGE 42](#)

Capers, smoked salmon, and fresh dill

Mustard, mayo, and chives

1. Bring about 3 inches of water to a boil in a large pot. Once boiling, pull the eggs from the refrigerator. Using a slotted spoon or fitted strainer basket, carefully place or submerge the eggs in the boiling water. Boil the eggs for exactly 10 minutes.
2. While the eggs are boiling, prepare an ice bath by filling a large bowl with at least 5 cups of ice cubes. Add enough water to cover the ice cubes.
3. Use a slotted spoon (or the strainer basket) to pull the eggs from the boiling water. Immediately place them in the ice bath, making sure that each egg is submerged. Let them sit in the bath for at least 15 minutes.
4. Once completely chilled, either peel the eggs and enjoy right away or transfer to the refrigerator for up to 7 days.



SIMPLE SHREDDED CHICKEN

SNACKS

PREP TIME

5 minutes

COOK TIME

4 to 10 hours

YIELD

3 to 4 servings (about 4 cups)

1 whole chicken (4 to 5 pounds),
rinsed and patted dry

Fine sea salt and ground black pepper (optional) (omit pepper for AIP)

SLOW COOKER METHOD: Place the chicken in the slow cooker and cover with water. Place the lid on the slow cooker and cook on low for 8 to 10 hours or on high for 4 to 6 hours, until the chicken falls apart easily. When the chicken is cool enough to handle, transfer it to a large bowl and work to separate the meat from the bones and skin; discard the skin and bones or save the bones to make broth. Shred the meat and moisten it with some of the liquid from the slow cooker. Season with salt and pepper or use as desired.

PRESSURE COOKER METHOD: Place the chicken in the pressure cooker and cover with water. Seal and, following the pressure cooker manufacturer's instructions for cooking a whole chicken, cook until the chicken is done. Slowly release the pressure and let sit for 30 minutes once the pressure dissipates. Transfer the cooked chicken to a large bowl and work to separate the meat from the bones and skin; discard the skin and bones or save the bones to make broth. Shred the meat and moisten it with some of the liquid from the pressure cooker. Season with salt and pepper or use as desired.



COLD CUT ROLL-UPS

SNACKS

PREP TIME

10 minutes

COOK TIME

-

YIELD

1 serving

2 ounces deli turkey (about 2 slices)
2 ounces deli roast beef (about 2 slices)
1 tablespoon mustard
1 teaspoon mayo, store-bought or homemade
(omit for egg-free and AIP)
1/4 teaspoon fine sea salt
1/8 teaspoon ground black pepper (omit for AIP)
3 kale, collard, or chard leaves
1 red bell pepper, seeded and cut
into long strips (omit for AIP)
1/4 purple onion, cut into long strips (omit for low-FODMAP)

1. Lay the turkey slices on a cutting board and layer the roast beef slices on top. Spread the mustard and mayo on the roast beef.
2. Sprinkle with the salt and pepper.
3. Tear or fold the kale leaves so that they fit in the center of the meat. Add an even amount of bell pepper and onion to each pile.
4. Roll the meat over the vegetable filling and secure with a toothpick, kitchen twine, or even a sheet of parchment paper. Enjoy right away or store for later.



PESTO CHICKEN SALAD WRAPS

SNACKS

PREP TIME

10 minutes (not including pesto)

COOK TIME

20 minutes

YIELD

2-4 servings

2 boneless, skinless chicken breast halves (about 1 pound),
rinsed and patted dry
1/2 teaspoon fine sea salt
1/4 teaspoon ground black pepper
1/4 cup Roasted Garlic Pesto 2.0
([PRINTED BOOK PAGE 348](#), [EBOOK PAGE 42](#))
8 large collard leaves, bottom stems removed

1. Preheat the oven to 450°F. Sprinkle the chicken with the salt and pepper. Place the chicken on a rimmed baking sheet and bake for 15 to 18 minutes, until the juices run clear. Set aside to cool for about 10 minutes.
2. When it's cool enough to handle, cut the chicken into 1/2-inch dice. In a small bowl, toss the chicken with the pesto.
3. Stack two collard leaves on top of each other, creating four stacks total. Spoon an equal amount of pesto chicken salad along the stem of each stack. Roll the edges of the leaves over the salad and secure with toothpicks or kitchen twine. Enjoy right away or store in the refrigerator for up to 4 days.



PAN FRIED PLANTAINS

SNACKS

PREP TIME

2-5 minutes

COOK TIME

10 minutes

YIELD

2 dozen discs (6 discs per serving)

- 1 tablespoon salted butter (use coconut oil or ghee for AIP)
- 2 ripe plantains, peeled and sliced crosswise into 1/4-inch-thick discs
- 1/2 teaspoon fine sea salt

1. Melt the butter in a large frying pan over high heat. When the butter is bubbling, reduce the heat to medium and add the plantains. If the plantains don't all fit in the pan at once without crowding, work in batches. Cook the plantains on one side for 4 minutes, then flip and cook the other side for an additional 4 minutes, until golden brown.
2. Transfer the cooked plantains to a paper towel-lined plate and immediately sprinkle the tops with the salt. Enjoy warm.



PLANTAIN CHIPS

SNACKS

PREP TIME

5 minutes

COOK TIME

25 minutes

YIELD

approximately 3 dozen

- 1 green plantain
- 1 teaspoon extra virgin coconut oil, melted
- 1/2 teaspoon sea salt (or more to your liking)

1. Set oven to 350 degrees Fahrenheit and line a baking sheet with parchment paper.
2. Cut the ends off and then score the length of the plantain with about 3 evenly spaced cuts. Don't cut too far into the flesh, you just want to cut through the skin.
3. Peel the plantain then slice it on a diagonal as thinly as you can consistently manage.
4. Toss the plantain slices with the melted coconut oil, lay out on the baking sheet, and sprinkle with the salt.
5. Bake for 20-25 minutes (leave in longer or shorter depending on how your oven heats and feel free to remove the more well-done chips as they start to brown).



PLANTAIN PROTEIN PANCAKES

with salted raspberry jam

SNACKS

PREP TIME

5 minutes

COOK TIME

20 minutes

YIELD

3 to 5 servings (2 to 3
pancakes per serving)

PANCAKES

- 2 ripe plantains, peeled and cut into chunks
- 2 scoops unflavored protein powder
- 3 large eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon fine sea salt
- 1 tablespoon salted butter, ghee, or coconut oil, or more as needed
- 1/4 teaspoon ground cinnamon, for garnish (optional)
- 1/4 cup coarsely chopped raw pecans, for garnish (optional)
- (omit for nut-free)*

SALTED RASPBERRY JAM

- 1 cup fresh raspberries
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon fine sea salt

1. For the salted raspberry jam, place all of the ingredients in a small sauce pot, stir, and simmer over medium heat, covered, for 5 minutes. Remove the lid and simmer for an additional 10 minutes, until thickened, stirring regularly to make sure that it doesn't burn.
2. In a large bowl, blend the plantains, protein powder, eggs, vanilla, and salt until smooth.
3. Melt the butter in a large frying pan over medium-high heat. When the butter has melted, pour two 1/4-cup portions of the batter into the frying pan. Cook the pancakes for 1 1/2 to 2 minutes on one side, flip, and cook for an additional 1 1/2 to 2 minutes on the other side, until golden brown. Repeat with the remaining batter, adding more fat to the pan as needed.
4. Enjoy the pancakes warm with a drizzle of jam, a sprinkle of cinnamon, and pecans (if using).





FLAX CRACKERS

SNACKS

PREP TIME

15 minutes

COOK TIME

10 minutes

YIELD

12 eggs

1 cup very finely ground hulled, raw sunflower seeds
1/2 cup flax seeds
1/2 teaspoon garlic powder (omit for low-FODMAP)
1/2 teaspoon onion powder (omit for low-FODMAP)
1 teaspoon fine sea salt
1 tablespoon melted coconut oil
2 tablespoons lemon juice (about 1 small lemon)
2 tablespoons water

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a medium-sized bowl, whisk the ground sunflower seeds, flax seeds, garlic powder, onion powder, and salt until thoroughly combined.
3. Pour the melted coconut oil, lemon juice, and water over the dry ingredients and stir until an even paste forms.
4. Scoop a 1 teaspoon-sized ball of the dough and drop it onto the prepared baking sheet. Repeat with the rest of the dough, spacing the balls at least 2 inches apart.
5. Using a coaster or flat-bottomed glass and a square of parchment paper set on top of the dough, press each ball of dough into a flat disc. The crackers will not spread as they bake, so it's okay if they get a little close together.
6. Bake for 15 minutes, then rotate the baking sheet 180 degrees and bake for another 3 minutes. Remove the crackers from the oven when they are slightly golden brown.





CHEDDAR KALE CHIPS

SNACKS

PREP TIME

15 minutes

COOK TIME

1-4 hours (depending on method)

YIELD

6 servings

- 1/4 cup nutritional yeast
- 1/4 cup fresh lemon juice (about 2 small lemons)
- 2 tablespoons melted coconut oil
- 2 bunches kale, destemmed and cut into large pieces
- 1/2 teaspoon fine sea salt



1. In a small bowl, whisk the nutritional yeast, lemon juice, and coconut oil until well combined. Note that the yeast isn't expected to dissolve, just incorporate evenly.

2. Place the kale in a large mixing bowl and pour the nutritional yeast mixture over the top. Using your hands, toss the kale, making sure that each piece is evenly coated.

3. Dehydrate the chips using one of these two methods:

OVEN METHOD: Preheat the oven to 210°F. Line two rimmed baking sheets with parchment paper. Spread out the kale in a single layer on the baking sheets, then sprinkle the tops with the salt. Bake for 1 hour, or until the chips are crispy to the touch.

DEHYDRATOR METHOD: Spread out the kale on the racks of a dehydrator, then sprinkle the tops with the salt. Set the temperature to 135°F and dehydrate for 3 to 4 hours, until the chips are crispy to the touch.



GUMMIES 5 Ways

SNACKS

PREP TIME

10 minutes
plus at least 3 hours to set

COOK TIME

-

YIELD

1 dozen each
(3 gummies per serving)

BLUEBERRY CHERRY JAM GUMMIES

1 1/2 cups fresh blueberries
1 1/2 cups pitted fresh cherries
2 tablespoons fresh lemon juice
(about 1 small lemon)
1/4 cup unflavored gelatin

BLUEBERRY CHERRY JAM GUMMIES

Store-bought juice option:
1 cup orange carrot juice
Homemade juice option:
3 carrots
2 oranges, peeled, seeded, and
segmented (see Tips, page 292)
1/4 cup unflavored gelatin

STRAWBERRY RASPBERRY JAM GUMMIES

2 cups fresh strawberries,
hulled
2 cups fresh raspberries
2 tablespoons fresh lemon juice
(about 1 small lemon)
1/4 cup unflavored gelatin

LEMON LIME JUICE GUMMIES

1/2 cup fresh lemon juice (about
4
small lemons)
1/2 cup fresh lime juice (about 4
limes)
1/4 cup unflavored gelatin

GINGER KALE JUICE GUMMIES

Store-bought juice option:
1 cup green juice
Homemade juice option:
2 packed cups kale leaves
(with stems)
1/2 packed cup fresh cilantro
leaves and stems
2 lemons, peeled, seeded, and
segmented
1 (1-inch) piece fresh ginger,
peeled and grated
1/4 cup water

SPECIAL EQUIPMENT:

Juicer (for homemade gummies)
Silicone gummy mold (optional)

1. Prepare the jam or homemade juice base for the gummies:

FOR THE JAM GUMMIES: Place the fruit and lemon juice in a small saucepot over medium heat. Cover and bring to a simmer. Remove the lid, stir, and let simmer for an additional 20 minutes, or until all of the fruit has softened and the jam has a deep color. Transfer the hot fruit to a blender and blend for 1 minute, or until smooth. Set aside.

FOR THE HOMEMADE JUICE GUMMIES: Process the juice ingredients in a juicer and set the juice aside.

2. Dissolve the gelatin in 1/2 cup boiling water. If any clumps remain, scoop them out and discard them.

3. Whisk the jam or juice into the gelatin water until smooth. Pour the mixture into a silicone mold or an 8-inch square ceramic or glass baking dish.

4. Refrigerate the gummies for at least 3 hours. If using a silicone mold, I recommend freezing the tray so that the gummies are easier to extract. If using a baking dish, use a butter knife to cut the gummies into squares or other shapes. Store in an airtight container in the refrigerator for up to 5 days





PROTEIN BARS 3 Ways

SNACKS

PREP TIME

15 minutes (plus 1 hour to chill)

COOK TIME

-

YIELD

4 bars each (1 bar per serving)

BLUEBERRY

8 pitted Medjool dates
8 tablespoons collagen peptides
1/2 cup freeze-dried blueberries
1/4 cup raw almonds
1/4 teaspoon fine sea salt
2 teaspoons water

DARK CHOCOLATE SEA SALT

8 pitted Medjool dates
8 tablespoons collagen peptides
1/4 cup raw almonds
2 tablespoons unsweetened cocoa powder
1/2 teaspoon fine sea salt
2 teaspoons water

SOUR CHERRY

8 pitted Medjool dates
8 tablespoons collagen peptides
1/2 cup freeze-dried cherries
1/4 cup raw almonds
1/4 teaspoon fine sea salt
2 teaspoons water

1. Place all of the dry ingredients in a food processor and chop until the mixture has a fine, even texture. Add the water and pulse 3 to 5 times, until the dough comes together and forms a ball.
2. Place the dough ball in the middle of a 12-inch square piece of parchment paper, folding the paper over the top of the dough. Working over the top of the parchment paper, shape the dough into a rectangle that's approximately 4 by 8 inches. Transfer the slab to the refrigerator to chill for at least 1 hour. Use a sharp knife to score or divide into 4 bars.
3. Enjoy right away or wrap in parchment paper so that the bars don't stick together. They'll keep refrigerated for up to 2 weeks or frozen for up to 6 months.





TERIYAKI BEEF JERKY

SNACKS

PREP TIME

10 minutes, plus at least 8 hours to marinate

COOK TIME

20 minutes, plus 4 to 6 hours, depending on method

YIELD

10 to 15 servings

2 pounds beef skirt steak or rump roast, sliced wafer-thin
2 teaspoons sesame oil (untoasted) (use EVOO for nut-free, AIP, and low-FODMAP)
3 cloves garlic, grated (omit for low-FODMAP)
2 teaspoons peeled and grated fresh ginger
2 teaspoons red pepper flakes (omit for AIP)
1 cup coconut aminos
1/2 cup apple cider vinegar
1/4 cup fresh lime juice (about 2 limes)
1/2 teaspoon fine sea salt

1. Place the beef strips in a large glass bowl.
2. Heat the sesame oil in a small saucepan over high heat. Add the garlic and ginger, stir to coat, and sauté for 4 minutes, or until fragrant. Add the red pepper flakes and sauté for an additional 3 minutes, or just until fragrant. Add the coconut aminos, whisk to combine, and bring to a simmer. Continue to simmer and reduce for at least 20 minutes, until it coats the back of a spoon.
3. Move the pan off the heat, then add the vinegar, lime juice, and salt. Stir until the salt has dissolved. Set the marinade aside and let cool to room temperature.
4. Pour the cooled marinade over the beef and stir to combine. Cover the bowl with plastic wrap and place in the refrigerator to marinate for at least 8 hours.
5. Dehydrate the marinated beef using one these two methods:
 - DEHYDRATOR METHOD:** Lay the beef strips on the grates of the dehydrator. Dehydrate at 185°F for 5 to 6 hours, until shriveled and reduced in size but still bendable.
 - OVEN METHOD:** Preheat the oven to 225°F. Line two rimmed baking sheets with parchment paper. Lay the beef strips on the prepared baking sheets. Bake for 4 hours, or until shriveled and reduced in size but still bendable.





TRAIL MIX

SNACKS

PREP TIME

5 minutes

COOK TIME

15 minutes

YIELD

8 servings

SALT & PEPPER CASHEWS

1 cup raw cashews (omit for nutfree and low-FODMAP)
1 teaspoon melted coconut oil
1/2 teaspoon fine sea salt
1/4 teaspoon ground black pepper
1 cup dehydrated tomato slices
1 cup salted plantain chips (omit for GAPS)

CURRIED PECANS

1 cup raw pecans (omit for nutfree and AIP)
1 teaspoon melted coconut oil
1/2 teaspoon fine sea salt
1 tablespoon curry powder (omit for AIP)
Pinch of cayenne pepper (omit for AIP)
1 cup salted beet chips
1 cup freeze-dried cherries

CINNAMON VANILLA ALMONDS

1 cup raw almonds (omit for nutfree, AIP, and low-FODMAP)
1 teaspoon melted coconut oil
1 teaspoon ground cinnamon
1/2 teaspoon vanilla extract
1 cup unsweetened toasted coconut flakes
1 cup salted plantain chips (omit for GAPS)

1. Preheat the oven to 325°F. Toss the nuts in the coconut oil, salt (if included), spices, and vanilla extract (if included). Spread out the nuts on a rimmed baking sheet. Bake for 15 minutes, or until slightly fragrant. Let cool on the counter for at least 5 minutes.
2. Toss the nuts with the rest of the ingredients and enjoy!
3. Trail mix will keep on the shelf for up to 2 weeks or in the freezer for up to 6 months.





SMOOTHIES 4 ways

SNACKS

PREP TIME

10 minutes

COOK TIME

-

YIELD

1 serving each

ANTI-INFLAMMATORY SMOOTHIE

1/2 orange, peeled and seeded
1 cup frozen strawberries
2 teaspoons turmeric powder
1 teaspoon ginger powder
2 tablespoons full-fat coconut milk
1/2 banana, cut into chunks and frozen (about 1/2 cup)
1/2 cup cold water

GREEN DETOX

1/2 banana, cut into chunks and frozen (about 1/2 cup)
1 packed cup kale leaves
1 packed cup fresh spinach
1/4 avocado
1/4 packed cup fresh cilantro or parsley leaves and stems
1 teaspoon ginger powder
2 tablespoons fresh lemon juice (about 1 small lemon)
1/2 cup cold water

PURPLE PROTEIN SMOOTHIE

3/4 cup frozen blueberries
1 scoop unflavored protein powder*
2 tablespoons full-fat coconut milk
1/2 cup cold water

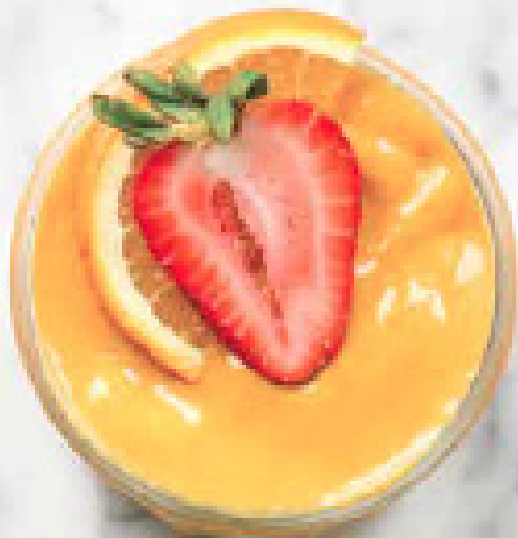
1. Place all of the ingredients in a blender. Blend for 2 minutes, or until entirely smooth.
2. Enjoy right away, refrigerate for up to 2 days, or freeze for up to 5 months.

ONE-STOP-SHOP SMOOTHIE

1/2 banana, cut into chunks and frozen (about 1/2 cup)
1 scoop unflavored protein powder*
1/2 packed cup kale leaves
1 packed cup fresh spinach
2 tablespoons full-fat coconut milk
1/2 cup frozen blueberries
1/2 cup cold water



anti-inflammatory



green detox



one-stop-shop



purple protein



FUDGESICLES

SNACKS

PREP TIME

5 minutes, plus time to set overnight

COOK TIME

10 minutes

YIELD

8 fudgesicles (1 per serving)

1/2 cup water
3 tablespoons unflavored gelatin
2 1/2 cups full-fat coconut milk [about
11 1/2 (13 1/2-ounce) cans]
4 pitted Medjool dates
1/4 cup unsweetened cocoa powder

SPECIAL EQUIPMENT

8 Popsicle molds and sticks

1. Bring the water to a boil. Whisk the gelatin into the boiling water and continue to stir until it is completely dissolved. Remove from the heat.
2. Place the coconut milk, dates, and cocoa powder in a blender. Blend on high speed for 3 minutes, or until the dates are completely liquefied. Pour the hot gelatin water into the coconut milk mixture and blend for about 20 seconds to combine.
3. Pour the mixture into 8 Popsicle molds. Place in the freezer for 1 hour to firm slightly. After 1 hour, push a Popsicle stick into each mold and place back in the freezer to set overnight.
4. To loosen the fudgesicles, place the bottoms of the molds in warm water, then pull the fudgesicles from the molds.
5. Enjoy right away or store in a large plastic bag in the freezer.



ROASTED FRUIT POPS 5 *ways*

SNACKS

PREP TIME

10 minutes, plus at least 4 hours to set

COOK TIME

40 minutes

YIELD

4 pops each (1 pop per serving)

ROASTED BLUEBERRY POPS

1 cup fresh blueberries
1 tablespoon extra-virgin olive oil
1 cup water
2 tablespoons fresh lemon juice (about 1 small lemon)
1/4 teaspoon fine sea salt

ROASTED CHERRY

1 cup pitted fresh cherries
1 tablespoon extra-virgin olive oil
1 cup water
2 tablespoons fresh lemon juice (about 1 small lemon)
1/4 teaspoon fine sea salt

ROASTED RASPBERRY POPS

2 cups fresh raspberries
1 tablespoon extra-virgin olive oil
1 cup water
2 tablespoons fresh lemon juice (about 1 small lemon)
1/4 teaspoon fine sea salt

ROASTED STRAWBERRY POPS

2 cups fresh strawberries, hulled and cut in half
1 tablespoon extra-virgin olive oil
1 cup water
2 tablespoons fresh lemon juice (about 1 small lemon)
1/4 teaspoon fine sea salt

ROASTED GRAPEFRUIT POPS

2 grapefruits, peeled, seeded, and segmented
1 tablespoon extra-virgin olive oil
1 cup water
2 tablespoons fresh lemon juice (about 1 small lemon)
1/4 teaspoon fine sea salt

1. Preheat the oven to 350°F and line a rimmed baking sheet with parchment paper. Toss the fruit in the olive oil and spread it out on the prepared baking sheet. Bake for 40 minutes, or until the fruit has released its juices but is not burning.
2. Transfer the roasted fruit to a blender and add the remaining ingredients. Blend on high speed for 3 minutes, or until smooth.

3. Pour the puree into 4 Popsicle molds. Add a stick and freeze for 4 hours or overnight.
4. To loosen the pops, place the bottoms of the molds in warm water, then remove the pops from the molds. Store in a sealed container in the freezer for up to 1 month.





CHIA PUDDING

SNACKS

PREP TIME

10 minutes

COOK TIME

-

YIELD

8-10 servings

2 cans (13.5 ounces) full-fat coconut milk
1/2 cup black chia seeds
2 teaspoons vanilla extract
1 pint fresh blueberries
8 large strawberries, de-stemmed and sliced thin
8 sprigs fresh thyme

1. In a large mixing bowl, whisk the coconut milk with the seeds and vanilla extract. Once incorporated, pour an even amount into 8 cups.
 2. Let the cups set for at least 4 hours or overnight in the refrigerator.
- Garnish the puddings with the blueberries, a sliced strawberry, and a sprig of fresh thyme.





CAKE BATTER MILKSHAKE

SNACKS

PREP TIME

5 minutes

COOK TIME

-

YIELD

1 servings

1 chopped and frozen banana
1 cup full-fat coconut milk
2 tablespoons maca powder
1/4 teaspoon vanilla extract
1 tablespoon maple syrup (optional)
1 scoop protein powder (optional)

1. Combine all the ingredients in a blender until smooth.
2. Enjoy!





PALEO RANCH

SNACKS

PREP TIME

5 minutes

COOK TIME

-

YIELD

about 2 cups (2
tablespoons per serving)

2 cups mayo, store-bought or homemade

([PRINTED PAGE 349](#), [EBOOK PAGE](#))

1/4 cup fresh lemon juice (about 2 small lemons)

1 tablespoon dried dill weed

1. Whisk the lemon juice and dill into the mayo until well combined.

2. Enjoy right away or transfer to a jar and store in the refrigerator. It will keep for about 1 month.



CREAMY JALAPEÑO RANCH

SNACKS

PREP TIME

5 minutes

COOK TIME

-

YIELD

about 2 cups (2
tablespoons per serving)

2 cups mayo, store-bought or homemade (page 349)

1/2 cup fresh lime juice (about 4 limes)

2 jalapeño peppers, seeded and coarsely chopped

1. In a blender, puree the mayo, lime juice, and jalapeños for at least 1 minute, until the mixture is smooth and has an even consistency.

Season to taste.

2. Enjoy right away or transfer to a jar and store in the refrigerator.

It will keep covered in the refrigerator for about 1 week.



SALSA ROJO

SNACKS

PREP TIME

10 minutes

COOK TIME

-

YIELD

yield: 4 cups (1/4 cup per serving)

1 (28-ounce) can diced tomatoes, drained
1/2 medium-sized purple onion,
coarsely chopped (about 1/2 cup) (omit for low-FODMAP)
1/4 cup fresh cilantro leaves and stems
1/4 cup fresh lime juice (about 2 limes)
2 cloves garlic, smashed with
the side of a knife (omit for low-FODMAP)
1 jalapeño pepper, seeded and coarsely chopped
1 teaspoon fine sea salt

1. Place all of the ingredients in a blender or food processor. Pulse about 15 times, or until the mixture has an even, slightly textured consistency and no large chunks remain.

2. Use immediately or transfer to a jar and store in the refrigerator.

The salsa will keep refrigerated for up to 1 week.



ROASTED GARLIC PESTO 2.0

SNACKS

PREP TIME

5 minutes (not including the roasted garlic)

COOK TIME

-

YIELD

1 cups (2 tablespoons per serving)

- 1 packed cup fresh basil leaves (about 2 ounces)
- 1 bulb Roasted Garlic (page 346)
- 1/4 cup pine nuts (see Tips)
- 1/4 cup fresh lemon juice (about 2 small lemons)
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

1. Place all of the ingredients in a food processor or blender. Blend for about 1 minute, until the pesto is smooth, without any chunks.
2. Use right away or transfer to a jar and store in the refrigerator. The pesto will keep covered in the refrigerator for about 1 week.



KETCHUP: CLASSIC & SPICY

SNACKS

PREP TIME

5 minutes, plus at least 4 hours to soak the dates

COOK TIME

-

YIELD

1 1/4 cups (2 tablespoons per serving)

6 ounces tomato paste
2 Medjool dates, pitted and soaked in warm water for 4 hours or overnight
1 teaspoon date water (reserved from soaking dates)
1 tablespoon apple cider vinegar
1 tablespoon plus 1 teaspoon fresh lemon juice (about 1/2 small lemon)
3 tablespoons water
1/2 teaspoon fine sea salt
1/4 teaspoon garlic powder
1/2 teaspoon fresh lemon juice
1/2 to 1/4 teaspoon cayenne pepper

1. Place all of the ingredients for the ketchup in a bowl, adding an additional 1/8 teaspoon lemon juice and cayenne pepper if making spicy ketchup (1/8 teaspoon cayenne will create a medium-spiced ketchup with just a hint of heat, and 1/4 teaspoon will create a truly spicy ketchup). Whisk together until the ketchup has a smooth consistency.

2. Use right away or transfer to a jar and store in the refrigerator.



PALEO SOUR CREAM

SNACKS

PREP TIME

5 minutes, plus at least 8 hours to chill the cans of coconut milk

COOK TIME

-

YIELD

1 1/4 cups (2 tablespoons per serving)

2 (13 1/2-ounce) cans full-fat coconut milk, refrigerated overnight
2 tablespoons fresh lemon juice (about 1 small lemon)
1/2 teaspoon fine sea salt

1. Open the cans of chilled coconut milk. Scoop off the cream that has risen to the top and place it in a food processor or blender. Save the coconut water for shakes or other uses.
2. Add the lemon juice and salt to the food processor or blender and blend for about 1 minute, until it has a smooth, even consistency.
3. Use right away or transfer to a jar and store in the refrigerator.

