

POWER STRENGTH

TRAINING SYSTEMS

5 Simple Snacks



**to overcome the Mid-Morning or
Mid-Afternoon Crash**

Customized Trail Mix

What makes the perfect trail mix?

Using the following as a trail mix anatomy to guide your creation:

THE ANATOMY OF THE TRAIL MIX



¼ Cup of Nuts of choice
(examples: Almonds, Cashews,
Pistachios, Walnuts)

¼ Cup dried fruit of choice
(examples: Raisins, dried cherries,
dried cranberries)

¼ Cup of seeds
(examples: Sunflower seeds,
pumpkin seeds)

1 Tbsp. of fun stuff!
(examples: Dark chocolate chips,
popcorn, coconut flakes)

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Put ingredients into a bag or
Tupperware container.

**Store in purse, desk, or
bag!**

Hummus or Peanut Butter and Veggies



Got any mason jars that are not being used in your cupboards?

Take your mason jar and put 2 Tbsp of your favorite hummus or peanut butter at the bottom.

Add carrots or celery to the jar and bring it with you for an easy snack!

Roasted Chickpeas

Do you have a can of chickpeas sitting in your pantry?

Grab it and let's use them!

Preheat oven to 375 degrees. Rip parchment paper and lay on a baking sheet.

Open Can, drain and rinse the chickpeas thoroughly.

Carefully dry off chickpeas on a paper towel without squishing them.

Spread out chickpeas on baking sheet.

Drizzle 1 tablespoon of olive oil and add a little bit of salt and cayenne pepper.

Put in the oven for 20-30 minutes.

Take with you in a Ziploc or container for something to snack on throughout the day!



Protein Bites

Only 4 ingredients that you probably have in your kitchen right now!



1 1/2 Tbsp. Nut butter of choice
3 Tbsp. of Oats
1/2 Tbsp Honey
1/2 Tbsp Dark Chocolate Chips

Roll into balls. Freeze and enjoy!

Take with you when your sweet tooth kicks in!

Kale Chips

All you need is some Kale!

Preheat oven to 300.

2 Cups of kale.

Rip off kale from the stems and place in a bowl. You want each leaf to be about the size of your palm as they will shrink in the oven.

Drizzle 2 Tbsp. of olive oil in bowl, then mix kale with olive oil.

Place kale leaves on a baking sheet.

Sprinkle with Himalayan salt.

Put in the oven for 10 minutes. Take out and flip to other side for 8 minutes. Take them out when crispy!



Great for Movie Night!