Below you will find a general list of foods that are high in complex carbs and/or protein:

- Dried fruit
- Grapefruit
- Prunes
- Apples
- Pears
- Strawberries
- Tomatoes
- Avocado
- Potatoes
- Beans
- Carrots
- Okra
- Zucchini
- Cucumbers
- Radishes
- Asparagus
- Edamame
- Yams
- Dill pickles
- Onions
- Spinach
- Green Beans
- Broccoli
- Corn
- Rice
- Wheat
- Barley
- Spelt
- Oats
- Buckwheat
- Whole grain breads, pastas or crackers
- Rice cakes
- Lentils
- Chick peas
- Split peas
- Tuna
- Soybeans
- Kidney beans
- Pinto beans
- Black beans
- Pumpkin seeds
- Popcorn
- Nuts
- Natural nut butter (almond, peanut, etc.)
- Soy milk
- Low-fat yogurt
- Skim milk
- Cottage cheese
- Cheese (reduced fat)
- Tofu
- Eggs
- Beef or turkey jerky (low-sodium and low-sugar)
- Deli turkey

The following list contains specific snack ideas that are both healthy and convenient:

- 2 Ounces of beef jerky and a handful of whole grain cereal
- 1 Cup of long grain rice and 2 ounces of diced lean ham
- 2 Ounces of lean deli chicken and 2 whole grain breadsticks (4-inch)
- 2 Ounces of lean deli turkey and 4-6 rice crackers
- 2 Ounces of lean deli turkey with reduced fat cheese, mustard and a handful of baby carrots
- 2 Slices of low-sodium deli turkey and a handful of grapes
- 1 Small pita pocket and 2 ounces of light tuna
- 1 Pouch of tuna or salmon with 4-6 whole grain crackers or rice cakes
- 6 Tofu sticks (slice firm or smoked tofu into sticks and bake) with a small amount of hummus or teriyaki sauce for dipping
- 2 Hard-boiled eggs and a slice of whole wheat toast
- 8 Ounces of skim milk and 2 small low-fat cookies
- 1 Cup low-fat yogurt and 1 cup of chopped fresh fruit
- 1/2 a cup of low-fat cottage cheese with chives and black pepper and a handful of vegetables for dipping
- A couple of endive leaves filled with part-skim ricotta cheese
- A multigrain cracker with part-skim ricotta cheese and honey
- 6 Low-fat whole wheat crackers and 1 ounce of light string cheese
- 1 Stick of light string cheese and a piece of fruit
- 1 Small corn tortilla and 1 ounce of low-fat cheddar cheese
- 1” cube of hard cheese and 4-6 dried apricot halves
- 8 Slices of cucumbers and 1-2 wedges of Laughing Cow light swiss cheese
- 1/2 Cup of hummus with whole grain crackers, pita bread, or sliced vegetables
- 1 6” flour tortilla, 1/2 cup of nonfat refried beans and 1 tbsp. salsa

(more on next page)
The following list contains specific snack ideas that are both healthy and convenient:

(continued)

- 1 Tbsp. natural peanut butter and 6 whole grain crackers
- 1 Tbsp. natural nut butter and an apple or a couple of celery sticks
- 1 Rice cake with 2 tbsp. of nut butter and a half of a sliced banana
- 1 Whole wheat English muffin with 1 tbsp. of natural peanut butter
- Almond butter toast sticks (toast or bake 2 slices of whole grain bread and cut into 1/2 inch strips) and 2 tbsp. of nut butter
- 1 Cup of almonds and 1 medium apple
- 1 Handful of almonds mixed with dried tart cherries or blueberries
- 1 Handful of roasted soy nuts
- 3 Cups of air-popped popcorn sprinkled with dark chocolate shavings
- 1 Handful of trail mix made with whole grain cereal or crackers, dried fruit, and nuts
- 1 Granola bar (choose those that are high in fiber and low in sugar)
- 1 Energy bar containing at least 4 grams of protein
- 1 Cup of fresh raspberries and 1 cup of low-fat granola with 4 ounces of skim or soy milk
- 1 Pack of instant plain oatmeal topped with nuts and a dash of cinnamon
- Overnight Chocolate Oats: In a container with a secure lid, mix 1/2 cup oats, 1 cup non-dairy milk, 3 tbsp. chocolate protein powder and a handful of walnuts until well combined. Let sit in the fridge overnight or up to a few days. To add some extra sweetness, add 1/2 mashed banana.
- 1 Small bagel (with a thin layer of fat-free cream cheese) and 1 peach
- 1 Slice of whole wheat toast and 1 cup of fruit
- 1 Whole wheat waffle with 1 tbsp. of fruit preserves
- 8 Animal crackers and 1 large banana
- 1 Steamed artichoke

Another convenient treat is a healthy protein shake. Below is a list of recipes for tasty protein shakes:

Vanilla Almond Shake – 1/2 cup vanilla almond milk, 1/2 cup water, 1/2 banana, dash of cinnamon, 1 scoop of vanilla protein powder, ice, 1 to 2 drops of Stevia. Blend until smooth.

Soy Protein Shake – 1 scoop powdered soy protein concentrate, 1/2 banana, 1 tsp. chunky peanut butter, 8 ounces soy milk, 3 ice cubes. Blend.

Key Lime Pie Smoothie – 1/2 avocado, juice of 1 lime, 2 tsp. lime zest, 1 scoop vanilla whey protein powder, 1/4 tsp. vanilla extract, 1 tbsp. unsweetened shredded coconut, 1 cup unsweetened almond milk, 1-2 packets stevia (optional). Blend.

Chocolate Breakfast Shake – 1/3 of a 10 ounce block of firm tofu, 1 small banana sliced, 1 1/2 tbsp. unsweetened cocoa powder, 1/4 cup skim milk (almond, soy or coconut milk), 1/2 tsp. vanilla, 1 1/2 tbsp. brown sugar, 1/2 cup ice. Blend.

Mixed Berry Protein Smoothie – 1/2 cup frozen strawberries, 1/4 cup mixed frozen berries (raspberries, blueberries and blackberries), 1/4 cup organic pomegranate juice, 1/4 cup organic grape juice, 1 scoop protein powder, crushed ice to taste, handful of sliced almonds for topping. Blend until smooth.

Avocado Banana Smoothie (4 servings) – 1 avocado, 1 banana, 1/2 cup nonfat plain Greek yogurt, 1 1/2 cups fresh orange juice (from 3 oranges), 1/4 cup honey, 2 1/3-3 cups ice. Blend until smooth.

Strawberry Soy Milk Shake – 2 cups soft or silken tofu, 2 cups fresh strawberries (washed and stems removed), 1/2 cup plain soy milk, 1/2 cup ice, 2 tbsp. honey, 2 tsp. strawberry jam. Blend until smooth.

Peanut Butter Protein Shake – 6 ounces almond milk, 1 banana, 1 tbsp. peanut butter, 1 scoop vanilla protein powder. Blend.