

Meal Prep Snacks

1. Whole fruit
2. Sliced fruit
3. Vegetables
4. Dip (peanut butter, cream cheese, or hummus)
5. Thick slices of cold cuts cut up into bite size pieces
6. Cheese cut up into bite size pieces
7. Multigrain crackers
8. Multigrain bread
9. Oatmeal cookies
10. Boiled eggs
11. Deviled eggs
12. Egg salad
13. Yogurt
14. Granola
15. Trail mix
16. Cereal
17. Popcorn
18. Healthy chips
19. Banana bread
20. Dried fruit
21. Nuts
22. Cucumber sandwiches
23. Fruit Rollups
24. Caprese Salad
25. Vegan Four Bean Salad
26. Fruit and Cheese toothpick kabobs
27. Whole grain pretzels
28. Chocolate peanut butter balls
29. Pasta salad
30. Tuna salad
31. Potato salad
32. Mini peanut butter and jelly sandwiches
33. Muffins
34. Zucchini bread
35. Beef Jerky