



Quick and Easy Snack Ideas

When You Don't Feel Like Eating

Quesadilla

Apple slices and cheese

Peanut butter toast

Yogurt and berries

Granola bars

Cereal and milk

Hummus and carrots

Tuna salad and crackers

Banana and almond butter

Cheese and crackers

Trail mix

Cottage cheese and fruit

Bean dip and crackers

Grilled cheese

Homemade smoothies

Bagel and cream cheese

Soup and crackers

Oatmeal topped with nuts

Egg salad sandwich

Twice baked potatoes

Guacamole and tortilla chips

Deviled eggs

Olives and cheese

Muffins or quick breads

Pumpkin seeds

Quinoa salad

Pancakes

French toast

Bean salad

Avocado toast

Breakfast sandwich

Rice cakes and nut butter

Sunflower seeds

Edamame

Nutritional drinks

Protein bars

Pudding

Tortilla rollups

Dry cereal

Air-popped popcorn

Curated

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