

### Introduction

In general, fresh fruits and vegetables are an ideal snack choice because these foods are naturally low in calories, while high in health promoting nutrients including dietary fiber. One of the great things about a plant-based lifestyle is the fact that it is a lifestyle of abundance, rather than restriction.

Considering energy requirements vary from person-to-person based upon age, sex, and activity level, please feel free to adjust the examples contained within this page to meet your personal dietary preferences and energy requirements

Source: Dana McDonald, RD, LD

<https://rebeldietitian.us/healthy-snacks/>

### Eat Clean Snacks

*eat clean snacks*  
Rebel Dietitian, Dana McDonald, RD rebelDIETITIAN.US

1. Pistachios (25)
2. Fresh Fruit Popsicle
3. Veggies and Guacamole Dip
4. Bowl of Fresh Berries
5. Watermelon Slices
6. Walnuts (10 - 15)
7. Fresh Vegetable Juice
8. Baked Sweet Potato
9. Steamed Edamame
10. Mixed Nuts (¼ cup)
11. Medjool Dates
12. Pecan Halves (10 - 15)
13. Whole Grain Tortilla with Nut Butter
14. Fresh Veggies with Hummus
15. Sliced Cucumbers
16. Fresh Pineapple Chunks
17. Mandarin Oranges
18. Banana with Peanut Butter
19. Carrot Sticks
20. Piece of Dark Chocolate (72%)
21. Almonds (23)
22. Baked Zucchini Chips
23. Fresh Mango Chunks
24. Small Dinner Salad
25. Cashews (10 - 15)
26. Raw Banana "Ice Cream"
27. Coconut Yogurt with Granola
28. DIY Apple Chips
29. Fresh Fruit Salad
30. Cup of Brown Rice
31. Hazelnuts (15 - 20)
32. DIY Raw Energy Bar
33. Dried Prunes or Apricots
34. Fresh Fruit Skewers
35. Apple Slices with Almond Butter
36. Plain Baked Potato
37. Fresh Smoothie
38. Muesli with Non-Dairy Milk
39. Broccoli and Cauliflower Florets
40. Veggie Wrap with Salsa
41. Oatmeal with Fresh Fruit
42. Grilled Peaches with Cinnamon
43. Baked Sweet Potato Fries
44. Two Bananas and Raw Almonds
45. Chocolate Covered Bananas (Frozen)
46. Cinnamon Popcorn
47. Frozen Grapes
48. DIY Trail Mix (¼ cup)
49. Fresh Fruit Skewers
50. Peanut Butter Banana Sandwich

Source: <https://mypullzone-wiredrllc.netdna-ssl.com/wp-content/uploads/Eat-Clean-Snacks.jpg>

### Snacks (cont)

9. Quinoa superfood bowl. You can prepare quinoa savory or sweet.  
10. Veggie wrap made with collard greens or a sprouted whole grain tortilla. You can fill your wrap with fresh leafy greens, fresh guacamole, quinoa, sliced bell peppers and tomatoes, diced onions, and sprouts.

11. Bean dip with fresh veggies. I make refried beans using my blender. Instructions: Prepare black beans as usual (soak and slow cook with seasonings of choice), and then blend to desired consistency using your blender (with or without additional seasonings).

12. DIY trail mix. Consider raw pistachios, almonds, walnuts, cashews, and dried fruit (see photo gallery below for an example).

13. Fresh vegetables with dip of choice (e.g., salsa, hummus, guacamole, bean dip, peanut butter, salad dressing, etc.).

14. Banana skewers with strawberries and fresh peanut butter.

15. Banana nice cream with toppings of choice. Instructions: Freeze two peeled bananas overnight and blend them in your blender or food processor until smooth. You can flavor or top your vegan "ice cream" with fresh peanut butter, raw cacao powder and/or nibs, dark chocolate chips, granola or whole grain cereal, unsweetened coconut flakes, fresh strawberries, raw nuts and seeds (e.g., pistachios), vanilla extract, ground cinnamon, and even avocado.

16. Fresh banana milk (recipe here).

17. Baked sweet potato (see inspiration below). Bake potatoes without aluminum foil (aluminum is a neurotoxin that leaches into food when heated).

18. Baked potato. Topping options include iodized salt, hulled hemp seeds, chives, baked beans, steamed spinach, and nutritional yeast. Bake potatoes without aluminum foil (aluminum is a neurotoxin that leaches into food when heated).

19. Celery sticks with peanut butter and raisins.

20. Frozen grapes.

21. My personal favorite: two bananas with two handfuls of raw mixed raw nuts.

### Snacks

1. Avocado toast.
2. Apple slices with fresh peanut butter.
3. Sprouted whole grain tortilla with fresh peanut butter and banana slices.
4. Banana sandwich with fresh peanut butter and sprouted whole grain bread.
5. Sprouted whole grain tortilla with fresh peanut butter, vegan dark chocolate chips (more than 72% cacao), and unsweetened coconut flakes (see example in photo gallery below).
6. Oatmeal. Optional toppings include hulled hemp, bananas, peaches, apples, cinnamon, maple sugar, dried fruit, raw nut butter, chia seeds, flaxseeds, walnuts, pecans, almonds, sunflower seeds, smoothie base (simply blend up a smoothie and add it to your oatmeal).
7. Fresh smoothie. For recipe inspiration visit the page titled Smoothies.
8. Fresh fruit with non-dairy yogurt and mixed nuts.



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