

Snack Sheet

I wanted to share 10 Healthy Snacks you can eat which won't ruin your weight loss.

Having some healthy snacks to go to when you need it will help you stick to the plan and stop you grabbing the closest chocolate bar or packet of crisps when hunger cravings kick in!

You do have snacks listed in your meal plans each week so here are some of those plus a few extra.

1. **Nuts** – Nice and easy and delicious. Make sure you get unsalted. Great ones to eat for a load of healthy fats and packed with goodness are Brazil nuts, cashews, almonds and walnuts. Seeds (pumpkin, poppy, sunflower) are also great.
2. **Fruit** – If you are trying to lose weight then you don't want to be eating much more than about 2 pieces of fruit a day. Aim for low sugar fruits such as berries, plums and apples as opposed to grapes and pineapple.
3. **Dark Chocolate** – Try and get high quality 80% + cocoa dark chocolate it's delicious and just one piece can really stop you craving foods and suppresses your appetite.
4. **Yoghurt** – There are loads and loads of unhealthy yoghurts out there. Ignore the low fat versions as they have just added sugar (THE ENEMY) to replace the flavour. For a more substantial snack try Organic Greek/Bio Live Yoghurt, nuts and a bit of cinnamon/honey on top.
5. **Salad** – Lettuce, cucumber, celery, tomatoes and sliced peppers drizzled with some balsamic vinegar and a bit of black pepper. Easy!
6. **Veggie Crudites** – Chop up some carrot, celery or cucumber sticks and snack on these. Great to dip into houmous for a delicious snack.
7. **Boiled Eggs** – Maybe a little boring if you eat too often but a couple of boiled eggs are packed with good fats and protein and very filling.
8. **Peanut/Almond Butter** – Avoid overeating this but if you have got a bit of a sweet tooth this helps. Chop up some apple and have with a bit of peanut butter for a lovely tasting snack. Meridian do very nice nut butters and it's quite a bit healthier than your normal supermarket version. Could also try on top of a rice cake.
9. **Popcorn** – Now we're talking. Buy some popcorn seeds. Have a small handful and add to some oil for a great and low calorie snack. That is as long as you avoid adding loads of salt or sugar. Try cinnamon and a little bit of honey.
10. **Healthy Bars** – There are a few decent bars out there which are great for deserts or snacks. Good ones to try are Eat natural bars (The dark chocolate ones are amazing), Nakd bars or 9 bars.