

Stress Snacking Made Simple!

When life gets overwhelming I do one of 3 things:

Sleep, Scroll or SNACK!

This list is to help make stress snacking a little less stress-y. What you choose today will determine how you feel tomorrow so stock up on these safe stress snacks so that filling your plate doesn't add to your plate!

Happy girl dinner! 😊

- Berries (fresh or frozen)
- Baby carrots
- Snap peas
- Cucumbers
- Apples
- Bananas
- Avocados (easy guac recipe below)
- Hummus
- Salsa
- Nut Butter (Costco sells a great nut & seed butter!)
- Whole grain & high fibre bread (>4g of fibre)
- High fibre crackers (also >4g fibre/serving)
- Whole grain tortilla chips
- Hard boiled eggs
- Greek yogurt (plain full fat)
- Cottage cheese (full fat)
- Dark chocolate chips
- Nuts (almonds & cashews are great)
- Air popped popcorn (toss with coconut oil & salt and add chili flakes if you are feeling adventurous!)
- Pepperoni (just look out for added sugar and junk)
- BabyBell cheese
- Canned salmon or tuna
- Lemons (jazz up that water!)
- Pumpkin seeds
- Chai & flax seeds
- Roasted chickpeas
- Lean deli meat (again as clean as possible)

Nacho Topping

- 1 C dried lentils
- 2 C veggie broth
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp pepper
- 1 tsp oregano

Boil and simmer for 35 minutes then add in 1 can of black beans and 1 can of corn.

Easy Guac

Mash 2 ripe avocados
Add in some onion powder, garlic powder, salt, pepper and lime juice to taste.



Roasted Chickpeas

- 1 can chickpeas rinsed and drained

Seasonings of your choice

- 1 Tbsp olive oil

Pat rinsed chickpeas dry and transfer to a parchment lined baking sheet. Drizzle with olive oil and salt. Roast at 425°F for 20-30 minutes (or until crispy and golden). Remove from the oven and while still warm, toss with seasonings. Store in an airtight container once fully cooled.

Onion Dip

- 1 C plain full fat greek yogurt
- 1 Tbsp dried onion
- 1 tsp onion powder
- 1 pinch garlic powder
- 1/4 tsp salt
- 1 tsp dried parsley