



SNACKS!

'The Greatest Snack Ideas Ever Investigated to speed up your metabolism, increase your energy, help you lose weight and lift you up from your fog and these meals can be done in 60 seconds or less.

Compiled, written and research by
Glenn Greer Co-Owner of RZONE FITNESS



LET'S GET STARTED

Dear Friend,

Nutrition is - for my money - the #1 factor for body transformation.

It's true, you really are what you eat.

Now you know this, and you probably know the difference between what's good and what's bad for you too... The problem is, the bad stuff is just so much easier to get a hold of, and so much tastier.

...Or is it?

What if I could give you simple snacks to prepare in between your more balance meals... With amazing health benefits too?

You could get into the healthy habit of eating right, and transform your body in record time, right? Well, then no more excuses.

Because here's the Greatest Snack Ideas Every Investigated to speed up your metabolism, increase your energy, help you lose weight and lift you up from your fog'.



MINI MEALS TO KEEP YOUR BLOOD SUGAR STABLE, ENERGY LEVELS HIGH AND YOUR METABOLISM ELEVATED!

When I tell clients the importance of eating small, frequent meals, they have images of preparing foods all day, which can be very time consuming. Yet, I remind them that on the average, they are going to be eating 3 foundation meals and 2 to 3 snack meals. So, to give you some ideas, I am going to show you some of my favorite little meals. Remember these mini meals can be as simple as a protein shake or as creative as having your favorite fish with vegetables.



WASA CRISPBREADS

Wasa Crispbreads are the healthy alternative to bread. They have the delicious, crisp texture of a cracker, are made with whole grains and low in fat and they'll leave you feeling satisfied. Wasa Crispbreads form the foundation of a nutritious diet and, when eaten with other nutrient-rich health foods, can help you work toward achieving a healthy diet that is packed with vitamins, minerals, fiber and other nutrients. Available in a variety of flavors, Wasa Crispbreads are versatile, healthy and delicious and can be eaten instead of bread at breakfast, lunch and dinner, or as a light snack. Or use Wasa to replace crackers with soups, salads, or your favorite toppings. When you combine the crunch of Wasa Crispbread with savory spreads, meat, cheese, or fruits and vegetables, the delicious and healthy recipe options are endless.

<http://us.wasa.com/>

- Wasa Crackers with turkey slices, tomatoes, a piece of cheese and whatever pleases you.
- Wasa Cracker with cottage cheese.
- Wasa Cracker with tuna fish and melted low fat cheese.
- Wasa Cracker with 2 tables spoons of almond butter
- Wasa Cracker with Salmon and a





Inspired by the delicious traditional flatbreads of Germany, our Dr. Kracker crackers are made with a blend of nature's best organic whole grains and seeds, then yeast-raised and artisan-baked to perfect crispness. Available in nine stupendous flavors, we make sure that every bite of every Dr. Kracker cracker bursts with texture, character, and gusto. <http://www.drkracker.com/>



Both Wasa and Dr. Krackers provide quality nutrients at a low calorie cost. Now, how do you plug them in? Use them as in between snacks or mini meals. They only have 10 grams per cracker. Remember, to add your adequate protein and enjoy.

DR. KRACKERS

1. Dr. Kracker with turkey slices, tomatoes, a piece of cheese and whatever pleases you.
2. Dr. Kracker with cottage cheese.
4. Dr. Kracker with tuna fish and melted low fat cheese.
5. Dr. Kracker with 2 tables spoons of almond butter
6. Dr. Kracker with Salmon and a touch of barbecue sauce or ketchup. are endless. <http://us.wasa.com/>

NUTS

Another mini meal alternative are nuts.

I recommend $\frac{1}{4}$ cup of nuts and a great choice is the Planters Nut-rition packets with a piece of fruit. My clients have had great success in eating portioned nuts along with a fruit touch of barbecue sauce or ketchup.

PROTEIN BARS

These bars taste amazing.

To learn more, go to this link.

questproteinbar.com/ingredients



GREEK YOGURT

Perfect for enjoying with fruit, granola or your favorite mix ins, Plain Nonfat Greek Yogurt will have you savoring its rich, tangy taste. If you are getting the flavored Chobani yogurt, do not add a piece of fruit. This will provide too much sugar.

<http://www.chobani.com/products/c/nonfat>



LOW FAT COTTAGE CHEESE

Another simple snack is low fat cottage cheese with a piece of fruit or on top of Wasa/Dr.Krackers.

QI'A (pronounced Kee-ah)

is our NEW Superfood Cereal made with Chia, Hemp and Buckwheat. This power trio of seeds and grains is chocked full of plant-based protein, fiber and Omega-3's. Chia is an edible seed that comes from the desert plant *Salvia hispanica*, grown in Mexico dating back to Mayan and Aztec cultures. "Chia" means strength, and folklore has it that these cultures used the tiny black and white seeds as an energy booster. That makes sense, as chia seeds are a concentrated food containing healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium. Chia seeds are an unprocessed, whole-grain food that can be absorbed by the body as seeds (unlike flax-seeds). One ounce (about 2 tablespoons) contains 139 calories, 4 grams of protein, 9 grams fat, 12 grams carbohydrates and 11 grams of fiber, plus vitamins and minerals.



PROTEIN SHAKES



In regards to getting nutrients into your body, nothing is better than real food. The types of food I have been discussing in the previous pages. But, the reality is that its going to be almost impossible to eat food 4 to 6 x a day. You might not be in the mood to eat. You might be too busy to eat.

But, you now should understand that your body needs calories = energy and nutrients for your body to run well. So, there are protein shake supplements/meal replacements that might be a bit beneficial vs heading to a fast food joint or skipping a meal. Are they magical? Nope. But, nutritional science, especially when it comes to the protein shakes, are showing major benefits. So, that's why I recommend these supplements.

Now, one thing I will mention that I never understood when it came to suggesting protein shakes to women was this false belief.

“I don’t want to get to big drinking protein shakes” or “I thought protein shakes were only for bodybuilders”.

This is absolutely a false belief. Doctors recommend protein shakes to cancer patients, HIV patients. Sports Nutritionists that work with people that are active recommend protein shakes. It has its place, you just need to be informed.

HEALTHY STUFF TO ADD TO YOUR PROTEIN SHAKES



Purchase a Magic Bullet or a Hamilton Beach blender and you are good to go. You can even use a plastic shaker. But, with the blender you are able to create your own shakes.

Chocolate Delight:

Chocolate Protein Powder with 1 banana, 1 tablespoon of almond butter , 2 tablespoons of Qia and Chocolate Unsweetened almond breeze with ice.

Strawberry Shortcake:

Vanilla Protein Powder with 1 cup of strawberries, vanilla unsweetened almond breeze almond milk and ½ to 1 cup of vanilla greek yogurt with ice.



NUTS AND APPLE

100 calorie almonds with a green apple.



ALMOND BUTTER AND APPLE

1 Medium Apple and 1 to 2 tbsp. of organic almond/peanut butter.



EGGS AND CRACKERS

1 to 2 hardboiled eggs
plus wasa crackers



ALMOND BUTTER AND CRACKERS

1 to 2 tbsp. of almond or
organic peanut butter