

MARCH

HEALTHY SNACKS

EPIC WAY TO WELLNESS

HEALTHY SNACKS ON THE GO!

FOOD YOU CAN PREPARE FAST AND EASY!

HUMMUS

- Plenty of flavor options including garlic, roasted red pepper, and jalapeño
- Good source of Vitamins E, A, C, protein, and healthy fats
- Pair with celery, cucumber, carrots, pita chips, or pretzel chips
- Simple ingredients and low prep time. Check out Tasty's recipe [here](#)



SWEET AND SALTY CHOCOLATE BAR

- The perfect blend of one of the most popular flavor combinations
- Less than 15 minutes of prep time
- Provides antioxidants, protein, and can increase brain function with minimal calories
- Very customizable. Check out this recipe on [Delish](#)

NO TIME TO PREPARE A SNACK? NO WORRIES! TRY THESE PRE-PACKAGED OPTIONS.



BLACK BEAN CHIPS

- Great alternative to potato chips
- Great source of protein per serving
- Try Simply by Tostitos Black Bean Chips with Sea Salt



POPCORN

- Plain popcorn has very low calories per serving
- Try to avoid brands with additives such as butter and salt
- Brands such as Skinny Pop offer flavors like salt and pepper and also offer mini cakes