## A Month of Healthy Snacks

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Notes</th>
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</thead>
</table>
| easy white bean dip*  
sliced bell peppers and carrot sticks  
homemade banana chocolate chip granola bars*  
hard boiled eggs  
cantaloupe melon & pears  
cherry tomatoes |       |

<table>
<thead>
<tr>
<th>Week 2</th>
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| carrot cake breakfast cookies*  
apple cinnamon cookie energy bites*  
whole grain crackers & cheddar cheese slices  
grapes  
cucumber slices, sugar snap peas  
raw almonds |       |

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Notes</th>
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</table>
| 10 minute no-bake granola bars*  
whole grain graham crackers*  
apples  
cottage cheese  
roasted sweet potato rounds  
sliced bell peppers |       |

<table>
<thead>
<tr>
<th>Week 4</th>
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</table>
| light and fluffy blueberry banana muffins*  
Greek yogurt  
fresh berries & orange slices  
hard boiled eggs  
roasted carrot and garlic hummus*  
raw veggies for dipping |       |

*recipes can be found at kristineskitchenblog.com