

Healthy snack list



- ◯ Reusable water bottle
- ◯ Orange
- ◯ Lemon
- ◯ Cucumber
- ◯ Fresh mint
- ◯ Fresh rosemary
- ◯ Fruit and herbal tea
- ◯ Fresh fruit
- ◯ Dried fruit
- ◯ Dark chocolate / raw chocolate
- ◯ Yogurt
- ◯ Honey
- ◯ Popcorn
- ◯ Carrots
- ◯ Celery
- ◯ Cherry tomatoes
- ◯ Baby carrots
- ◯ Guacamole
- ◯ Hummus
- ◯ Nuts and seeds
- ◯ Eggs
- ◯ Cottage cheese / quark
- ◯ Peanut butter / almond butter

Listonic

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