

SNACK LIST IDEAS

VEGETABLES



- CUCUMBER
- AVOCADO
- CARROT STICKS
- BELL PEPPER STRIPS
- THAWED FROZEN CORN
- THAWED EDAMAME
- JICAMA
- CELERY STICKS
- CHERRY TOMATOES (QUARTERED)
- BROCOLLI FLORETS


SHOPPING LIST

FRUITS

- BANANAS 
- APPLES
- PEARS
- MELON
- PAPAYA
- MANGO
- STRAWBERRIES
- WILD BLUEBERRIES
- GRAPES (QUARTERED)
- KIWI
- CLEMENTINES
- PEACHES

OTHERS

- HUMMUS
- DELI SLICES
- CHEESES
- NUTS AND SEEDS
- OAT COOKIES
- YOGURT 
- SMOOTHIES
- PANCAKES 
- POPSICLES
- RAISINS
- DRIED FRUIT

 SNACKS MARKED WITH THIS SYMBOL ARE SLEEP-PROMOTING SNACKS.

THE SLEEP-PROMOTING PANCAKES ARE LISTED ON THE WEBSITE

NOTES