

Win the Food Fight.

 Kelly Timmerman
Nutrition



77 SIMPLE SNACKS FOR BURNING FAT

Choose a new balanced snack every day for months!

1. POWER OATMEAL ▶ Begin with 1/3 cup dry oatmeal and cook it. Mix in 1 scoop vanilla protein powder, cinnamon, unsweetened almond milk, 1 oz sliced almonds.



2. POWER OATMEAL ▶ Begin with 1/4 cup dry oatmeal and cook it. Mix in 1 scoop vanilla protein powder, 1/4 cup chopped apple, cinnamon, unsweetened almond milk, 2 Tbs chia seeds.



3. POWER OATMEAL ▶ Begin with 1/3 cup dry oatmeal and cook it. Mix in 1 scoop chocolate protein powder, 1 Tbs peanut butter, unsweetened almond milk.

4. EGG & TUNA SALAD ▶ Mix 1 chopped hard boiled egg, 3 oz tuna, 1/4 smashed avocado, salsa (optional). Serve on tomato slices with a side of 3 oz fresh fruit.



5. TUNA SALAD DIPPERS ▶ Mix 3 oz tuna, 1/4 smashed avocado and salsa to taste. Use 1 cup raw veggies and/or 12 Nut Thins (or gluten-free crackers) as “dippers”.



6. TUNA RELISH WRAP ▶ Mix 3 oz tuna with 1/3 cup Wholly Guacamole in lettuce wrap. Serve with 3 oz cantaloupe or fresh fruit.

7. CHICKEN DIPPERS ▶ Cut up 3 oz cooked chicken strips and 1 cup raw veggies. Dip in 1/2 cup hummus.

8. TURKEY GUACAMOLE ROLL-UPS ▶ Spread 1/4 cup Wholly Guacamole on 3 oz sliced deli turkey and roll up. Serve with 3 oz fresh fruit.

9. CHICKEN HUMMUS ROLL-UPS ▶ Spread 1/4 cup hummus on 3 oz sliced deli chicken and roll up. Service with a side salad topped with 2 Tbs lite vinaigrette.



10. TURKEY SALSA DIPPERS ▶ Roll up 3 oz turkey slices. Dip these along with 1 cup raw veggies in a mixture of 1/3 cup Wholly Guacamole and 1/4 cup salsa.

11. SIMPLE TURKEY COMBO ▶ Serve 3 oz cooked turkey with 3 oz red grapes and a small handful raw walnuts.



12. TOASTY EGGS ▶ Serve scrambled eggs (1 whole egg + 2 egg whites) on a slice of gluten-free toast (such as Ezekiel) with a side of 1 link turkey sausage.

13. SAUSAGE EGGS ▶ Scramble eggs (1 whole egg + 2 egg whites + 1 chopped turkey sausage link) and serve with a side of 3 oz blueberries.

14. HEALTHY TACO SALAD ▶ Begin with a bowl of spinach leaves. Top with 3 oz cooked ground turkey seasoned with low-sodium taco spice (such as Mrs. Dash Taco seasoning), 1/2 cup black beans, and chopped tomato. Top with 1/4 cup nonfat plain Greek yogurt, 1/2 sliced avocado, and salsa to taste.

15. TUNA PITA ▶ Stuff 1 small wheat pita with 3 oz tuna, sprouts, 1/3 sliced avocado, and chopped tomato.

16. EGG PITA ▶ Stuff 1 small wheat pita with 3 scrambled egg whites, spinach leaves, salsa and 2 Tbs shredded cheese.

17. SALMON PITA ▶ Stuff 1 small wheat pita with spinach leaves and salmon mixture. 3 oz canned or cooked salmon mixed with 2 Tbs nonfat plain Greek yogurt and fresh dill to taste.

18. STEAK PITA ▶ Stuff 1 small wheat pita with 3 oz chopped, cooked steak, 1 Tbs feta cheese, chopped tomatoes, spinach leaves and 1 Tbs lite vinaigrette.



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19. TURKEY SANDWICH ▶ Spread 1/3 cup Wholly Guacamole on a Sandwich Thin. Layer with 3 oz turkey, tomato slices, sprouts and spinach leaves.

20. EASY CHICKEN WRAP ▶ Spread 1 wedge laughing cow cheese on a small tortilla. Add 3 oz cooked chicken, 2 Tbs salsa and roll up.

21. TURKEY TACO WRAP ▶ Spread on 1 small tortilla and roll up: 3 oz cooked ground turkey taco meat, 2 Tbs salsa and 1/3 cup chopped avocado.

22. FAJITA CHICKEN BOWL ▶ Layer in a bowl: 3 oz grilled chicken strips, 1/2 cup cooked brown rice or beans, 1/2 cup grilled or roasted peppers and onions, 1/2 sliced avocado, 2 Tbs salsa, 1/4 cup nonfat plain Greek yogurt.

23. FAJITA STEAK BOWL ▶ In a bowl, layer 3 oz grilled steak strips, 1/2 cup cooked brown rice or beans, 1/2 cup grilled peppers and onions, 2 Tbs shredded cheese, 2 Tbs salsa and 1/4 cup nonfat plain Greek yogurt.

24. Serve 3 hard boiled egg whites seasoned with salt and pepper with a side of 10 gluten free chips (such as Nut Thins) dipped in 1/3 cup hummus.

25. CHICKEN & CHIP DIPPERS ▶ Dip 10 gluten-free chips and 3 oz grilled chicken strips in 1/3 cup hummus.

26. QUICK TUNA SALAD ▶ Top salad greens and chopped tomatoes with 1 seasoned tuna packet and 1 Tbs feta cheese and 1 Tbs lite vinaigrette.

27. TUNA LETTUCE WRAP ▶ Roll up 1 seasoned tuna packet, 1/3 chopped avocado, sprouts and chopped tomato in a lettuce wrap.

28. TUNA SANDWICH ▶ Top 1 slice of whole grain or gluten free bread with 1 seasoned tuna packet, sliced tomato and 1/3 chopped avocado.

29. TUNA PITA ▶ Stuff 1 small wheat pita with 1 seasoned tuna packet, pita, chopped tomato and 2 Tbs feta cheese.

30. EGG VEGGIE SCRAMBLE ▶ Scramble eggs (1 egg + 3 whites) with 1 cup chopped veggies.

31. EGG/VEGGIE/AVOCADO SCRAMBLE ▶ Scramble 4 egg whites with 1 cup chopped veggies and top with 1/2 cup chopped avocado.

32. Scramble 4 egg whites, top with 1/4 cup shredded cheese and serve with a side of 3 oz fruit.

33. Scramble eggs (1 egg + 3 whites) and serve with a side of 3 oz fruit.

34. MUG CAKE ▶ Mix 1 scoop vanilla protein powder, 3 T water and 1 egg in a large mug. Then mix in 1/2 mashed banana and pinch of cinnamon. Microwave for 2 minutes.

35. Scramble 4 egg whites and serve with 1 slice of toast topped with 1 Tbs peanut butter.

36. MEXI-EGGS ▶ Scramble eggs (1 egg + 3 whites) with 1 cup chopped veggies and 1/4 cup black beans. Serve with salsa.

37. Enjoy one 6oz container of lowfat Greek flavored yogurt.

38. Enjoy one 6z container of nonfat flavored Greek yogurt (Triple Zero by Dannon Oikos is my favorite!) with a side of 13 almonds.

39. Top one 6z container of nonfat flavored Greek yogurt topped with 2 Tbs chia seeds or 2 Tbs hemp hearts.

40. Enjoy one 6z container of nonfat flavored Greek yogurt with 10 raw almonds and 1 string cheese stick.

41. Serve 1 cup whole grain cereal (low sugar, high fiber) with unsweetened almond milk with a side of 2 string cheese sticks.

42. Enjoy 1 cup whole grain cereal with unsweetened almond milk with a side of scrambled eggs (3 whites + 1 egg).

43. Enjoy 1 cup whole grain cereal with a side of 2 turkey sausage links.

44. Top 2/3 cup lowfat cottage cheese with 3 oz sliced strawberries.

45. Top a slice of toast with 2/3 cup lowfat cottage cheese mixed with cinnamon.

46. Enjoy a small pear with 2 string cheese sticks.

47. Top 1 cup of whole grain cereal with 2/3 cup lowfat cottage cheese.

48. Top salad greens with 1 cup chopped veggies and 2/3 cup lowfat cottage cheese.



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49. Top one slice of whole grain English muffin, with 3 cooked egg whites and 2 Tbs shredded cheese.

50. BREAKFAST BURRITO ▶ Scramble 3 eggs whites scrambled and roll up in a small tortilla with 1 Tbs salsa and 2 Tbs shredded cheese.

51. OPEN-FACED TURKEY SANDWICH ▶ Top 1 slice bread with 3 oz turkey, 1/3 cup avocado slices, lettuce and tomato. Serve with carrot sticks.

52. CHICKEN SALAD ON TOAST ▶ Mix 3 oz chopped, cooked chicken, 1/4 cup smashed avocado, 1-2 tsp red wine vinegar and the juice of 1 lime. Add spices to taste (Mrs. Dash Onion and Herb, garlic powder, salt and pepper). Mix and spread on 1 slice of toast.

53. EGG SALAD SANDWICH ▶ Mix 3 hard-boiled egg whites, 1/4 cup smashed avocado, 1-2 tsp red wine vinegar and the juice of 1 lime. Add spices to taste (Mrs. Dash Onion and Herb, garlic powder, salt and pepper). Mix and spread on 1 Sandwich Thin.

54. FRUIT HEMP BAR ▶ Combine 3 Tbs hemp hearts, 2 Tbs dried fruit mix and 1 Tbs honey. Enjoy as is, or make several and freeze on wax paper to make bars.

55. Mix 6oz (2/3 cup) nonfat plain Greek yogurt with 1 tsp Stevia (or to taste). Top with 3 oz blueberries and 3 Tbs hemp hearts.

56. Mix 6oz (2/3 cup) nonfat plain Greek yogurt with 1 tsp Stevia (or to taste). Top with 1/2 cup granola and 1/4 cup slivered almonds.

57. CHOCOLATE GREEN SMOOTHIE ▶ Blend 1 scoop chocolate protein powder, 1 small banana, 1 Tbs peanut butter, 1 cup unsweetened almond milk and 1 cup (packed) spinach.

58. SIMPLE VANILLA SMOOTHIE ▶ Blend 1 scoop vanilla protein powder, 1 Tbs peanut butter, a small banana and 1 cup unsweetened almond milk.

59. Enjoy 3 oz cooked turkey, 1 small orange and a small handful cashews.

60. Season hard boiled eggs (1 egg + 3 whites) with Mrs. Dash or you favorite spice and serve with a side of 3 oz strawberries.

61. Enjoy 3 oz cooked turkey and 3 oz cantaloupe with 2 Tbs peanut butter spread on celery sticks.

62. Mix 2/3 cup lowfat cottage cheese with 3 oz chopped apple and cinnamon.

63. TURKEY CHEESE ROLL-UPS ▶ Roll 3 oz sliced deli turkey around 2 cheese sticks. Serve with 3 oz blueberries.

64. Enjoy 2/3 cup nonfat cottage cheese with a side of 3 oz apple slices topped with 2 Tbs peanut butter.

65. TUNA YOGURT WRAP ▶ Mix 3oz tuna with 1/4 cup lowfat plain Greek yogurt and seasonings of choice. Spread on a large lettuce leaf with sliced cucumbers and chopped tomato. Roll up and enjoy.

66. Season 3 hard-boiled egg whites with your favorite spices. Serve with 1 cup raw veggies dipped in 1/2 cup hummus.

67. YOGURT GREEN SMOOTHIE ▶ Blend 2/3 cup nonfat plain Greek yogurt, 1-2 tsp stevia, 1 small frozen banana, 1 cup spinach, 1 tsp vanilla extract, 1 cup unsweetened almond milk and 1 Tbs peanut butter.

68. BERRY ALMOND GREEN SMOOTHIE ▶ Blend 1 scoop vanilla protein powder, 1 cup spinach, 1 cup unsweetened almond milk, 3 oz frozen berries and 1/4 cup sliced almonds.

69. EASY CHICKEN QUINOA BOWL ▶ Layer 3 oz shredded taco-seasoned chicken, 1/2 cup cooked quinoa, 1/2 sliced avocado and salsa to taste.

70. OVERNIGHT OATS ▶ 1/2 cup nonfat plain Greek yogurt, 1/2 cup unsweetened almond milk, 2 tsp stevia, 1 tsp vanilla extract, 1/4 cup blueberries, 1/4 cup dry oatmeal, 2 Tbs hemp hearts.

71. PROTEIN ICE CREAM ▶ Blend 1 scoop vanilla protein powder, 1 small frozen banana, 1 Tbs peanut butter with a splash of unsweetened almond milk.

72. COCONUT BANANA GREEN SMOOTHIE ▶ Blend 1 small banana, 1 cup unsweetened almond milk, 1 scoop vanilla protein powder, 1 cup spinach and 1 Tbs coconut oil.

73. Enjoy 3 oz cooked turkey, 12 nut thin crackers and 10 raw almonds.



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74. BROILER PIZZA ▶ Top 1 small low-carb tortilla with 1/4 cup pizza sauce, 1/4 cup part -skim mozzarella cheese, 3 oz seasoned ground turkey and mushrooms. Broil and serve.

75. Top a bowl of greens with 3 cooked egg whites, up to 1/2 cup fruit (strawberries, Craisins, chopped strawberries, orange slices, etc.), 1/2 cup veggies of choice (peppers, tomatoes, etc.), 1/4 cup slivered almonds and 1-2 Tbs lowfat balsamic vinaigrette dressing.



76. Top 3 oz tuna with 1/4 cup crushed almonds. Serve with 3 oz mixed berries.

77. PROTEIN DIP ▶ Mix 1 scoop of chocolate protein powder with 3 Tbs water and 1 Tbs peanut butter. Serve with 3 oz apple slices.



BONUS TIPS!

- ▶ All Snacks have a **GOOD BALANCE** of complete protein, fat and carbohydrates to **MAXIMIZE FAT BURNING** and **BOOST YOUR METABOLISM!**
- ▶ Nuts are not a complete protein yet contain **HEALTHY FAT**, therefore they are always paired with a complete protein for **MAXIMUM FAT BURNING**.
- ▶ **GLUTEN CAUSES INFLAMMATION AND BLOAT.** You will lose weight faster, retain less bloat, feel better and be healthier if you avoid gluten (*bread, pasta, flour tortillas, etc.*) or at least consume it in moderation. Most snacks on this list are gluten-free. Whenever possible, look for least-processed gluten-free alternatives.
- ▶ Deli meat should be **FRESHLY SLICED, HIGH QUALITY AND LOW SODIUM.** Never buy the prepackaged variety that “lives” on a shelf for weeks because this is loaded with preservatives and sodium.
- ▶ Eat **WHOLE FOOD** as much as possible.
- ▶ Always opt for an **EXTRA SIDE SALAD WITH GREENS**, or snack on **BRIGHTLY-COLORED NON-STARCHY VEGGIES** (all veggies except corn/peas/potatoes). These are “free” and provide great nutrition!
- ▶ Portions are for **FEMALES**. For **MALES**, double the quantity.

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