

LPC Snack Menus

Common fruits: Bananas, grapes, oranges/clementines, apples, pears, cantaloupe

Dried fruit: usually freeze-dried bananas/strawberries (no added sugar!) and raisins

Common veggies: cucumbers, grape tomatoes, baby carrots, peppers, snap peas, green beans, broccoli

	Monday	Tuesday	Wednesday	Thursday	Friday
Date					
Morning Snack	Turkey & fresh veggies	Sweet potatoes w/Kerrygold butter	Fresh fruit and grass-fed cheddar cheese	Fresh veggies and hummus	Plantain chips and salsa
Drink	water	water	water	water	water
Afternoon Snack	Fresh (or frozen) fruit	Dried fruit	Olive oil potato chips	Fresh fruit	Leftovers
Drink	water	water	water	water	water
Late Snack	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers
Drink	water	water	water	water	water

	Monday	Tuesday	Wednesday	Thursday	Friday
Date					
Morning Snack	Rice and veggies w/coconut aminos and seaweed snacks	Fresh fruit and grass-fed cheddar cheese	Fresh veggies and guacamole	Apples and sunbutter	Plantain chips and salsa
Drink	water	water	water	water	water
Afternoon Snack	Dried fruit	Fresh veggies	Fresh fruit	Olive oil potato chips	Leftovers
Drink	water	water	water	water	water
Late Snack	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers
Drink	water	water	water	water	water

	Monday	Tuesday	Wednesday	Thursday	Friday
Date					
Morning Snack	Grass-fed hotdogs and fresh veggies	Fresh fruit and grass-fed cheddar cheese	Sourdough bread w/Kerrygold butter	Cottage cheese and fresh veggies	Fresh fruit
Drink	water	water	water	water	water
Afternoon Snack	Dried fruit	Olive oil potato chips	Fresh fruit	Unsweetened applesauce w/cinnamon	Leftovers
Drink	water	water	water	water	water
Late Snack	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers
Drink	water	water	water	water	water