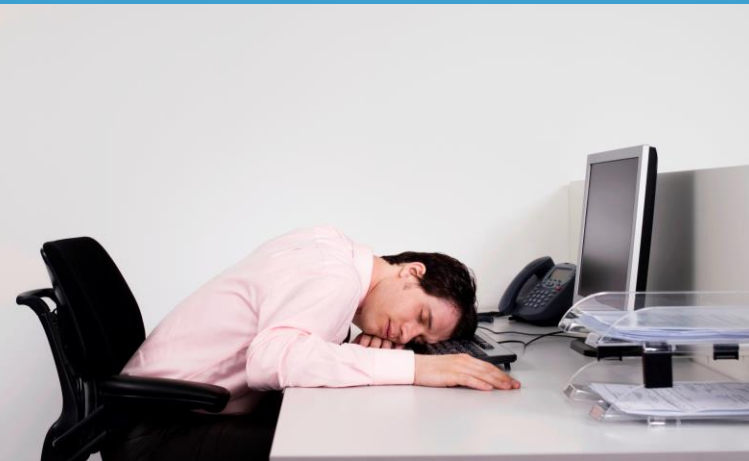




# YOU ARE WHAT YOU EAT

## POWER PUNCH: ENERGY-BOOSTING SNACKS



### At the Right Times!

A predictable schedule allows your energy to be used more efficiently, keeping your body fueled and blood sugar balanced, and reducing the amount of fat stored. When energy levels experience several peaks and drops, energy is NOT sustained. The New England Medical Journal showed that a shift between 3 "square meals" and 6 small meals resulted in more energy and reduced LDL cholesterol, cortisol, and insulin levels.

### Some Winning Combinations!

- ✓ 1 small apple with 1 tbsp nut butter
- ✓ ½ tomato and avocado, diced & sprinkled with 1 tbsp hemp seed
- ✓ 4 celery sticks with 2 tbsp hummus
- ✓ 2 small cucumbers and ¼ cup yogurt with dill
- ✓ ¼ cup berries and ½ cup cottage cheese
- ✓ 3 oz chicken and 4 baby carrots



### Homemade Energy Bites

A popular, healthy snack that is portable, satiating, and provides a mid-day boost.

#### Ingredients:

- 1 cup dates, chopped
- ½ cup almonds or nut of choice, chopped
- ½ cup ground flax seeds
- 4 tbsp chia or hemp seeds, or sub unsweetened coconut flakes
- 1 tbsp cocoa powder
- 1 scoop protein powder
- ½ cup natural nut butter

Servings: 12 or 1 ball | Calories per serving: 171  
Fat: 9g | Sodium: 8mg | Carbs: 18g | Fibre: 5g | Sugar: 10g  
Protein: 6g

#### Directions:

Soak dates in water for 5-10 minutes. Use a food processor or mash the dates, mix in the nut butter and the remaining ingredients. Form into a dozen balls and roll in seeds or coconut. Chill and store in the refrigerator.

Sources: <http://www.thehealthjournals.com/energy-snacks/>  
<https://www.prevention.com/food-nutrition/healthy-eating/a20454852/high-energy-foods-that-jump-start-your-day/>  
<https://healthyeating.sfgate.com/gives-energy-per-gram-fat-protein-carbohydrates-8319.html>