

crackers with hummus	celery with: <input type="checkbox"/> nut butter <input type="checkbox"/> seed butter <input type="checkbox"/> cream cheese <input type="checkbox"/> goat cheese and raisins on top	coconut clusters
meat stick or jerky with crackers and cheese or goat cheese	yogurt with granola	veggies with: <input type="checkbox"/> healthy Ranch <input type="checkbox"/> other dip _____ <input type="checkbox"/> cream cheese <input type="checkbox"/> goat cheese
healthy granola bar	<input type="checkbox"/> apple slices <input type="checkbox"/> apple chips <input type="checkbox"/> banana <input type="checkbox"/> banana chips with nut butter, seed butter or coconut butter	muffin leftover from breakfast with butter freezer muffin choices: _____
hard boiled egg with: <input type="checkbox"/> clementine <input type="checkbox"/> grapes <input type="checkbox"/> date or fig <input type="checkbox"/> berries	healthy trailmix	unsweetened fruit pouch with: <input type="checkbox"/> hard boiled egg <input type="checkbox"/> cheese/olives <input type="checkbox"/> meat stick/jerky <input type="checkbox"/> nuts/seeds
nuts/seeds with fig/date and cheese	mini Larabar or energy bites with: <input type="checkbox"/> hard boiled egg <input type="checkbox"/> cheese/olives <input type="checkbox"/> meat stick/jerky <input type="checkbox"/> goat cheese	guacamole cup with tortilla chips or crackers

notes:
