

4 Fabulous Snack Staples that will boost weight loss and energy!

Snacking! That infamous thing we do in between meals and late at night! So, should we ban snacking altogether when trying to lose weight?

Absolutely not!

Research indicates that when implemented properly, snacking can actually boost your weight loss. By keeping metabolism revved and glucose and insulin levels steady, the right snacks actually promote calorie burn, muscle-building and weight loss!

The looming questions?

Which snacks are best and how much?

At E4M we believe in the power of a nutrient dense snack that boasts about 100-150 calories. Balanced with healthy fats, complex carbs and lean protein.

Here are our Top 4!

Guaranteed to add balance, energy and promote healthy weight!

1. Cottage Cheese with fruit



Cottage cheese is super high in filling protein, boasting 24 grams in just 1 cup. Paired with the sweet, tart, naturally occurring sugars found in fresh fruit, this is perfect “pick me up” mid-day!

MY FAVE FRUITS TO ADD TO 1 CUP OF COTTAGE CHEESE?

1. STRAWBERRIES AND KIWI
2. PINEAPPLE AND MANGO
3. MANDARIN ORANGES
4. BLUEBERRIES AND WATERMELON

2. Kale Chips



Kale is loaded with fiber and antioxidants like beta carotene, lutein, and zeaxanthin. It's also a good source of minerals, such as calcium and phosphorus.

Pairing kale with olive oil not only makes more delicious and crispy chips, but also a more balanced and filling snack due to the healthy mono-unsaturated fats found in olive oil!.

MY FAVE RECIPE FOR KALE CHIPS

Ingredients:

- 1 cup chopped, fresh kale leaves
- 1 tablespoon of extra virgin olive oil
- 1/4 teaspoon of everything bagel seasoning

Directions: Mix all ingredients in a bowl (minus seasoning). Place kale pieces on a parchment-lined baking sheet, sprinkle with seasoning and bake at 350°F for 10–15 minutes, until crispy and starting to slightly brown. Enjoy!

3. “Red” bell peppers with guacamole

The combo of red bell peppers and guacamole gives you plenty of nutrients that help keep you feeling full for hours. Although all bell peppers are nutritious, red varieties are particularly high in antioxidants! On the other hand, guacamole is a rich source of healthy fats, fiber, vitamins A, B, and C, and minerals like



phosphorus and potassium! Pairing 1 large red bell pepper with ¼ cup of guacamole combines the best of both foods AND keeps the calorie count under 200.

THE SIMPLEST GUACAMOLE RECIPE EVER!

Mash 1 large avocado in a medium serving bowl. Stir in 1 diced tomato, 1 tbsp. everything bagel seasoning until well blended. (Can substitute with 1 tsp. salt, pepper, and garlic). Chill for half an hour for full flavor. Enjoy!

4. Greek yogurt and mixed berries



Plain Greek yogurt and berries make a delicious, nutrient-dense snack. Greek yogurt is high in protein, and berries are one of the best sources of antioxidants around. Add a variety of colored berries to your yogurt to get an array of nutrients — and a mix of their sweet and tart flavors.

MY FAVE GREEK YOGURT AND FRUIT COMBOS

- Greek yogurt and blackberries
- Greek yogurt and blueberries
- Greek yogurt and raspberries
- Greek yogurt and blueberries

*Berries like raspberries, strawberries, blackberries and blueberries are all lower sugar fruits and have a nice touch of sweetness that compliments the tart yogurt.

Parts of this 4 Step Guide was adapted from [Healthline.com](https://www.healthline.com)

