



FAMILY  
PHARMACY  
GROUP

# SMART

*Sweets*



A GUIDE TO  
HEALTHIER CHOICES



INSTEAD OF THIS...

TRY THIS!



- SWEET POTATOES
- BEET
- SQUASH



- STEEL CUT OATS
- CHIA PUDDING
- PROTEIN POWER BOWLS



- BERRIES DIPPED IN 80% DARK CHOCOLATE



- STEVIA
- MONK FRUIT SWEETENER



VEGGIE FRIES IN THE AIR FRYER LIKE

- GREEN BEANS
- TURNIPS
- CARROTS



- VEGGIES LIKE PEPPERS OR CUCUMBERS LIKE CRACKERS & TOP WITH YOUR FAVE THINGS



CARB

*Swaps*



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# NUTRITIOUS CARBS

Sugar, flour & processed foods can wreak havoc on our health, energy, and ability to reach our goals.

Try these swaps to ditch the white stuff and add more nutritious carbs to your diet.

## INSTEAD OF THIS...



## ...TRY THIS!

- SPIRALIZED ZUCCHINI
- BUTTERNUT SQUASH
- SWEET POTATO "NOODLES"
- SHIRITAKI NOODLES



- BROWN RICE
- QUINOA
- CAULIFLOWER RICE
- ANY WHOLE GRAIN

- HIGH FIBRE BREAD WITH MORE THAN 7G OF FIBRE



- LETTUCE WRAPS
- NORI WRAPS
- ANY HEARTY LEAF LIKE CABBAGE OR COLLARDS AS A WRAP

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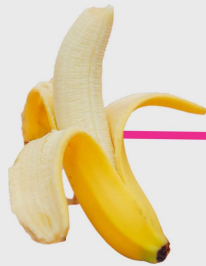


# LOW SUGAR SMOOTHIE

When making a green smoothie, it can quickly turn into a sugar bomb. Try these easy swaps to reduce the sugar in your smoothies WITHOUT reducing the taste or nutrition.

## INSTEAD OF THIS...

## DRINK THIS!



INSTEAD OF BANANAS, TRY AVOCADO! NOT ONLY DOES THIS KEEP THE SAME CREAMY, DREAMY TEXTURE BUT ADDS A TON OF FIBER WHILE CUTTING THE SUGAR BY UP TO 90%.

INSTEAD OF MILK OR ORANGE JUICE, TRY UNSWEETENED CASHEW MILK! ONE CUP HAS ZERO GRAMS OF SUGAR AND TASTES DELICIOUS.



INSTEAD OF MANGOS, PEACHES AND HIGH SUGAR FRUITS, TRY LOW SUGAR BERRIES! BERRIES LIKE RASPBERRIES, BLACKBERRIES & STRAWBERRIES ARE LOW IN SUGAR, HIGH IN FIBER AND LOADED WITH FLAVOR.

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# LOW CALORIE/ SUGAR BEVERAGE

Drinks and liquids are some of our diet's biggest sources of empty calories and sugar.

Depending on what you normally drink, if you follow these simple swaps you can cut your sugar intake by up to 50%!

## INSTEAD OF THIS...



## DRINK THIS!



SPARKLING NATURALLY FLAVOURED WATER (BRANDS LIKE LACROIX, BUBBLE, PERRIER)

SODA WATER OR FLAT WATER INFUSED WITH CUCUMBER, LEMON, LIME, HERBS, OR BERRIES



UNSWEETENED ALMOND OR CASHEW MILK (TRY NOT TO USE IT AS A BEVERAGE)

BLACK COFFEE, COFFEE WITH A SMALL SPLASH OF UNSWEETENED COCONUT OR CASHEW MILK



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INSTEAD OF THIS...



DRINK THIS!



GREEN TEA



HERBAL TEAS



UNSWEETENED ICED  
TEA

UNSWEETENED HERBAL  
ICED TEA



BLACK TEA

MINT INFUSED  
HOT WATER



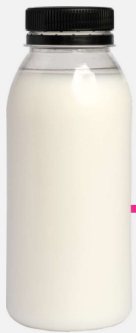


# DAIRY FREE

Whether you are avoiding dairy due to intolerances or making a personal choice, here are some easy and amazing swaps for some of your favorite foods while ditching dairy.

## INSTEAD OF THIS...

MILK



CREAM

YOGURT



## TRY THIS!



UNSWEETENED ALMOND  
CASHEW, OAT, RICE,  
COCONUT OR ANY NUT  
OR SEED MILK

COCONUT MILK,  
COCONUT CREAM



PLAIN COCONUT,  
CASHEW, OR ALMOND  
YOGURT (WATCH THE  
SUGAR)

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**INSTEAD OF THIS...**

**TRY THIS!**

**CHEESE**



**NON-DAIRY CHEESE (USE EXTREME MODERATION) OR NUTRITIONAL YEAST**

**MILK KEFIR**



**COCONUT KEFIR, KOMBUCHA, RAW SAUERKRAUT**

**WHEY PROTEIN POWDER**



**VEGAN PROTEIN POWDER, CHIA, OR HEMP SEEDS IN YOUR SMOOTHIE**

**DAIRY ICE CREAM**



**MAKE YOUR OWN DAIRY FREE ICE CREAM BY BLENDING TOGETHER CASHEW BUTTER AND FROZEN BANANAS**

**SOUR CREAM**



**NON DAIRY SOUR CREAM (WATCH THE SUGAR CONTENT)**

**NOTE – Calcium-rich Non-Dairy Foods**

Including these calcium superstars in your diet will ensure you are getting ample calcium!

- ALMONDS**
- KALE**
- COLLARD GREENS**
- SESAME SEEDS**
- ORANGES**
- STEEL CUT OATS**

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8

# Holistic HABITS

**TO REDUCE CRAVINGS AND  
BALANCE HORMONES**

These easy-to-implement tricks & habits will help you balance hormones & reduce cravings to get to your health and/or weight loss goals without getting overwhelmed.

## **HOLISTIC HABITS TO REDUCE CRAVINGS & BALANCE HORMONES**

### **FOLLOW THE 80/20 RULE**

When we try to be 100% perfect with our eating, it can lead to a negative "good or bad" / "on or off" relationship with nutrition which can lead to cravings. Aim to focus your plate, meal, or day around 80% from nutritionally dense foods (think real, whole foods) and leave 20% not so nutritionally dense (think processed, refined foods) so there are no foods that are considered off limits

### **BALANCED MEALS = BALANCED HORMONES**

To easily balance hormones, every meal or snack should include a balance of protein, fiber (preferably low glycemic or complex carbs), and healthy fat. This not only helps to balance blood sugar but it will help with cravings especially if weight loss is your goal.

### **ADEQUATE PROTEIN AT EVERY MEAL**

Protein is the most satiating macronutrient. It will keep you feeling full for longer periods. This will also keep you from snacking in between meals. A good range to start is 20-25g per meal. Protein can come in many forms from animal or plant-based sources.

### **HYDRATE, HYDRATE, HYDRATE**

Thirst can often be confused with hunger. If you are dehydrated, you may have strong cravings for food while in fact, you just need to hydrate. Before grabbing a snack, have a cup of water first. Daily goal? Aim to drink 2-3L throughout to make sure you are not dehydrated

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## HOLISTIC HABITS TO REDUCE CRAVINGS & BALANCE HORMONES

### ESSENTIAL FATS ARE A MUST

Fats are important for hormonal balance and help to control our appetite. Most fats can be manufactured by the human body except for essential fatty acids like omega 3's. These must come from our diet and are key to combating inflammation. Include cold-water fatty fish, such as salmon, mackerel, tuna, herring, sardines, chia seeds, flax seeds, walnuts, egg yolks, and supplements.

### DITCH THE FAKE SUGARS

While fake sugars do not impact blood sugar or have zero to low calories, they have been shown to increase sweet cravings and contribute to bloating and/or digestive issues. Avoid fake sweeteners like aspartame, Acesulfame-K, sucralose, saccharin, etc.

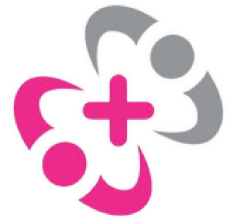
### GET YOUR ZZZ'S

Sleep is sooo important to reduce cravings, balance hormones and helps our bodies regulate. Also it has been shown that hunger hormones can be higher when we are sleep deprived (feeling extra starving in the morning?) Aim for 7-9 hours a night.

### STRESS LESS AND PRACTICE SELF CARE

Stress can lead to high sugar cravings due to cortisol being released. It can also make it harder to lose weight. Deep breathing, walks in nature, dancing, meditation, yoga, and exercise are a few ways to help de-stress. Additionally, adding a self-care routine can be key to supporting a shift in nutrition, especially when it comes to our mindset and thoughts. Journaling can be very helpful. To start, write out 15 reasons why you want to make this shift and any thoughts or feelings that come up. Do not judge them. Journal them out and love yourself through all the feels.

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# **BUILD YOUR OWN** *Balanced* **MEAL**

**When it comes to nutrition for weight loss and overall health, it is important to be able to easily create meals that support blood sugar regulation and hormone balancing, whether at home or when dining out**

**PUT THIS CHEAT SHEET  
ON YOUR FRIDGE TO HELP YOU  
BUILD MEALS IN A PINCH!**



**PROTEIN**

**3-6 OZ OR 1 SCOOP  
PROTEIN POWDER**

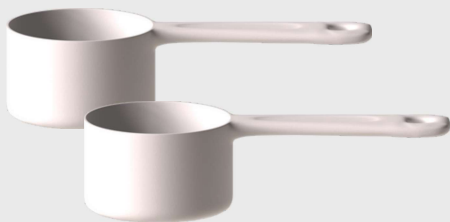
For protein selections, see  
PROTEIN POWER CHEAT SHEET



**FIBER**

**2 CUPS OF LOW GLYCEMIC VEGGIES**

For high fiber options, see  
FIBER-FULL CHEAT SHEET



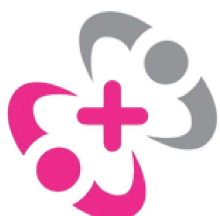
**OPTIONAL**

**1/2 CUP OF COMPLEX CARB OR  
LOW SUGAR FRUIT**

**FAT**

**1-2 TBSP**

For healthy fat choices, see  
HEALTHY FATS FOR  
HORMONE  
BALANCE CHEAT SHEET



# THE HAND METHOD

## FOR PORTION CONTROL



**CLOSED / CLENCHED FIST**  
= 1 portion or approx 1 cup of cooked carbohydrates (grains, rice, starches, veggies) or fruits



### **PALM**

= 1 portion or approx. 3-4 ounces of protein (meat/fish/poultry)



### **FINGER TIP**

= 1 teaspoon of butter, sugar, honey or condiments



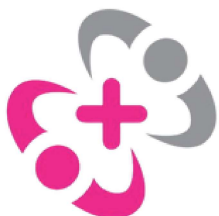
### **THUMB**

= 2 tablespoons of dairy (Ex cheese) or nut & seed butters (1 tablespoon is from your knuckle to the tip)



### **CUPPED HAND**

= 1 portion or ½ cup of nuts or dried fruits





# Protein

## **POWER** FOR FAT LOSS

Consuming adequate protein is an important part of sustainable weight loss, keeping you full between meals, and maintaining overall health. The challenge, however, lies in knowing how to get sufficient protein at each meal.

**IMPORTANT!** Please note the amount of calories and protein may vary slightly by brand. Please make sure to read the labels.

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# PROTEIN POWER FOR FAT LOSS

## 20–25 GRAMS (ANIMAL BASED)

Quick cheat sheet/guide to help you easily hit 20–25 grams of protein at each meal.

<b>ANIMAL PROTEIN</b>	<b>SERVING SIZE</b>	<b>CALORIES</b>	<b>PROTEIN (G)</b>
<b>BONELESS, SKINLESS CHICKEN BREAST, COOKED</b>	100 g	158	32 g
<b>CHICKEN THIGH, SKINLESS, COOKED</b>	100 g	179	25 g
<b>EXTRA LEAN GROUND BEEF, COOKED (80:20)</b>	100 g	254	25 g
<b>BEEF, TOP SIRLOIN, COOKED</b>	100 g	174	30 g
<b>PORK TENDERLOIN, COOKED</b>	100 g	143	26 g
<b>CANNED TUNA (WATER PACKED)</b>	100 g	128	23.6 g
<b>EGGS + EGG WHITES</b>	2 eggs + ½ cup whites	200	24g
<b>FISH (TILAPIA, SEABASS, HALIBUT, TROUT, SALMON)</b>	100 g	100 to 240	20-30 g
<b>GROUND TURKEY, COOKED</b>	100 g	203	27.4 g
<b>TURKEY, BREAST, COOKED</b>	100 g	147	30 g



<b>ANIMAL PROTEIN</b>	<b>SERVING SIZE</b>	<b>CALORIES</b>	<b>PROTEIN (G)</b>
<b>BONELESS, SKINLESS CHICKEN BREAST, RAW</b>	100 g	112	22.5 g
<b>CHICKEN THIGH, SKINLESS, RAW</b>	100 g	144	18.6 g
<b>EXTRA LEAN GROUND BEEF, RAW (80:20)</b>	100 g	116	21.4 g
<b>BEEF, TOP SIRLOIN, RAW</b>	100 g	135	22 g
<b>PORK TENDERLOIN, RAW</b>	100 g	119	21.6 g
<b>GROUND TURKEY, RAW</b>	100 g	153	17.3 g
<b>TURKEY, BREAST, RAW</b>	100 g	114	23.7 g
<b>PROTEIN POWDER WHEY - VARIES BY BRAND)</b>	33 g (approx 1 scoop)	100 - 150	22-30 g
<b>0% GREEK YOGURT (PLAIN)</b>	100 g	59	9.4 g
<b>2% COTTAGE CHEESE</b>	100 g	84 g	11 g

## PROTEIN POWER FOR FAT LOSS

# 20–25 GRAMS (PLANT BASED)

PLANT BASED PROTEIN	SERVING SIZE	CALORIES	PROTEIN (G)
Tofu, cooked	100 g	83	10 g
Edamame, cooked	100 g	121	12 g
Vegetable Protein Powder (varies by brand)	2 Scoops (34g)	130	20g
Tempeh, cooked	100g	195	20g
Cannelinni Beans, cooked	100 g	115	7.4 g
Pinto Beans, Cooked	100 g	117 g	7 g
Black Beans, cooked	100 g	118 g	7g
Split peas, uncooked	100 g	343	22g
Quinoa, cooked	100 g	120	4.4g
Lentils, cooked	100 g	116	9g
Spinach, cooked	1 cup	45	5g
Sunflower seeds	50 g	291	10g
Nutritional Yeast	25g	97	14g
Chia Seeds	2tbsp	120	6g
Rolled Oats, uncooked	100g	248	12g
Chickpeas, cooked	100g	146	8g



**FABULOUS**

*Fiber*

**FOR FAT LOSS**

Fiber helps to slow down digestion to help you feel satisfied during meals, reduces sugar cravings, helps regulate blood sugar, keeps things “moving” and more! When you focus on fiber, everything improves.

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# FABULOUS FIBER

Here is a quick cheat sheet/guide to great sources of fiber. These are great to mix and match to get between 7–10g of fiber at each meal to easily hit a daily goal of 25–40 grams.

**IMPORTANT!** Please note the amount of calories and fiber may vary slightly by brand. Please make sure to read the labels.

FIBER RICH FOOD	SERVING SIZE	FIBER GRAMS
Navy Beans, cooked	100 g	10.5 g
Lentils, cooked	100 g	8 g
Black Beans, cooked	100 g	8 g
Avocado	100 g	7g
Chia Seeds	2 tbsp	7 g
Acorn Squash	100 g	4.4 g
Butternut Squash, roasted	100 g	3 g
Green Peas, cooked	100 g	4.4 g
Flax Seed, whole	2 tbsp	6 g
Pumpkin seeds	2 tbsp	1.3 g
Almonds	25 g	2.5 g
Artichoke, cooked	100 g	6 g
Spinach, cooked	100 g	2.5 g
Kale, cooked	100 g	2 g
Broccoli, cooked	100 g	3 g
Brussel Sprouts, cooked	100 g	3.5 g
Apples, sliced	100 g	2 g
Pear, cubed	100 g	3 g
Raspberries	100 g	6.5 g
Blackberries	100 g	5.3 g
Blueberries	100 g	2.4 g
Rolled Oats, raw	100 g	10 g



# HEALTHY

# Fats

**IF YOU HAVEN'T  
HEARD THE NEWS –  
FAT DOESN'T MAKE  
YOU FAT!**

It keeps you fuller and more satisfied, is great for your hair, skin, and nails, balances hormones, and is necessary for absorbing fat-soluble vitamins. Plus, it just plain tastes delicious. Including good quality sources of fat at every meal is a must.

Now, it's important not to overeat healthy fats, as too much of anything can impact your weight loss goals. Please keep in mind that the key term is 'good quality fats'.

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# HEALTHY FATS

Here is a quick cheat sheet/guide of great sources of fats and how to get 10–15g of fat per meal.

FAT RICH FOOD	SERVING SIZE	FAT GRAMS
Almond butter (all natural, no sugar/salt added)	1.5 tbsp	13.5g
Peanut butter (all natural, no sugar/salt added)	1.5 tbsp	12.5 g
Butter	1 tbsp	12 g
Ghee	1 tbsp	14 g
Avocado	100g	14.7g
Avocado oil	1 tbsp	14 g
Olive oil	1 tbsp	14 g
Coconut oil	1 tbsp	14 g
Hemp Seeds	3 tbsp	11.25 g
Flax Seeds	2 tbsp	9g
Chia Seeds	2 tbsp	6.4 g
Almonds	1 oz	15 g
Cashews, raw	1 oz	13 g
Pumpkin Seeds	1 oz	14 g
Walnuts, chopped	1 oz	18 g
Mediterranean Olives	1 oz	5 g
Grass Fed Beef, 80%	100 g	19 g
Sockeye Salmon	100 g	13 g
Canned Sardines, in oil (drained)	100 g	11.4 g
Eggs, large	2 eggs	10g
Cacao Nibs	1 oz	15 g
Dark Chocolate, 85%	1 oz	12 g



# SNACK ATTACK GUIDE

Stuck on snack ideas that are in line with your holistic nutrition, health & weight loss goals?

Elevate your snack game with these combos that bring together protein, low-glycemic fruits and veggies, and healthy fats. 🥑🥜 Here are 20 snack ideas to fuel your day!



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**ROASTED RED PEPPER  
HUMMUS CUCUMBER BITES**

- **ROASTED RED PEPPER HUMMUS (2-3 TBSP):** PROTEIN-PACKED DIP
- **CUCUMBER SLICES:** LOW-GLYCEMIC, HYDRATING BASE
- **CHOPPED WALNUTS:** HEALTHY FATS AND CRUNCH



**COTTAGE CHEESE  
ZUCCHINI BOATS**

- **COTTAGE CHEESE (1/2 CUP):** PROTEIN-RICH GOODNESS
- **ZUCCHINI HALVES:** LOW-GLYCEMIC, SCOOPABLE BOATS
- **SLICED ALMONDS:** ADDED TEXTURE AND HEALTHY FATS



**SALMON AND ASPARAGUS  
ROLL-UPS**

- **SMOKED SALMON SLICES:** PROTEIN AND OMEGA-3 FATTY ACIDS
- **ASPARAGUS SPEARS:** LOW-GLYCEMIC, CRISP CRUNCH
- **CREAM CHEESE (SPREAD ON SALMON):** CREAMY TOUCH



**GUACAMOLE BELL PEPPER  
RINGS**

- **GUACAMOLE (2-3 TBSP):** CREAMY, HEALTHY FATS
- **BELL PEPPER RINGS:** LOW-GLYCEMIC AND COLORFUL VESSELS
- **SLICED ALMONDS:** NUTTY CRUNCH



**EGG SALAD LETTUCE WRAPS**

- **HARD-BOILED EGGS (2):** PROTEIN BOOST
- **MIXED LETTUCE LEAVES:** LOW-GLYCEMIC WRAPS
- **AVOCADO SLICES:** HEALTHY FATS AND CREAMINESS





**TOFU AND SNAP PEA  
SKEWERS**

- **GRILLED TOFU CUBES: PROTEIN SOURCE**
- **SNAP PEAS: LOW-GLYCEMIC, CRUNCHY BITES**
- **DRIZZLE OF OLIVE OIL: HEALTHY FATS**



**NUT BUTTER STUFFED  
DATES**

- **NUT BUTTER (1 TBSP): HEALTHY FATS AND PROTEIN**
- **MEDJOO DATES (2): SWEETNESS AND FIBER**
- **CRUSHED PISTACHIOS: NUTTY TOPPING**



**SPINACH AND FETA  
STUFFED MUSHROOMS**

- **SPINACH AND FETA CHEESE STUFFING: PROTEIN AND FLAVOR**
- **MUSHROOM CAPS: LOW-GLYCEMIC, EARTHY BITES**
- **DRIZZLE OF OLIVE OIL: HEALTHY FATS**



**TUNA CUCUMBER  
ROUNDS**

- **CANNED TUNA MIX W/ GREEK YOGURT (1/4 CUP): PROTEIN BOOST**
- **CUCUMBER ROUNDS: LOW-GLYCEMIC BASES**
- **PUMPKIN SEEDS (PEPITAS): NUTTY CRUNCH**



**QUINOA-STUFFED MINI  
PEPPERS**

- **COOKED QUINOA (1/2 CUP): PROTEIN AND FIBER**
- **MINI BELL PEPPERS: LOW-GLYCEMIC, VIBRANT VESSELS**
- **FETA CHEESE CRUMBLES: CREAMY TOUCH**



**TURKEY WRAP WITH  
AVOCADO**

- **TURKEY SLICES: PROTEIN SOURCE**
- **WHOLE-GRAIN WRAP: LOW-GLYCEMIC BASE**
- **AVOCADO SLICES: HEALTHY FATS AND CREAMINESS**



**COTTAGE CHEESE AND  
PEAR SLICES**

- **COTTAGE CHEESE (1/2 CUP): PROTEIN-RICH GOODNESS**
- **PEAR SLICES: LOW-GLYCEMIC AND JUICY**
- **CHOPPED ALMONDS: CRUNCH AND HEALTHY FATS**



**CASHEW BUTTER STUFFED  
CELERY**

- **CASHEW BUTTER (2 TBSP): HEALTHY FATS AND PROTEIN**
- **CELERY STICKS: CRUNCHY AND LOW-GLYCEMIC**
- **RAISINS OR DRIED CRANBERRIES: TOUCH OF SWEETNESS**



**SMOKED SALMON  
CUCUMBER ROLLS**

- **SMOKED SALMON SLICES: PROTEIN AND OMEGA-3 FATTY ACIDS**
- **CUCUMBER SLICES: LOW-GLYCEMIC, CRUNCHY BASE**
- **CREAM CHEESE (SPREAD ON SALMON): CREAMY TOUCH**



**GREEK YOGURT AND CHIA  
SEED BOWL**

- **GREEK YOGURT (1/2 CUP): PROTEIN BOOST**
- **CHIA SEEDS (1 TABLESPOON): FIBER AND HEALTHY FATS**
- **SLICED STRAWBERRIES: LOW-GLYCEMIC SWEETNESS**

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### EDAMAME GUACAMOLE DIP

- **GUACAMOLE (2-3 TBSP): CREAMY, HEALTHY FATS**
- **EDAMAME BEANS: PROTEIN-PACKED, VIBRANT ADDITION**
- **SLICED RADISHES: LOW-GLYCEMIC CRUNCH**



### TOFU VEGGIE SKEWERS WITH OLIVE TAPENADE

- **GRILLED TOFU CUBES: PROTEIN SOURCE**
- **CHERRY TOMATOES & CUCUMBER CHUNKS: LOW-GLYCEMIC VEG**
- **OLIVE TAPENADE: HEALTHY FATS AND FLAVOR**



### EGG AND AVOCADO NORI WRAPS

- **HARD-BOILED EGGS (2): PROTEIN BOOST**
- **AVOCADO SLICES: HEALTHY FATS AND CREAMINESS**
- **NORI SEAWEED SHEETS: LOW-GLYCEMIC WRAP**



### ROASTED CHICKPEA SALAD WITH FETA

- **ROASTED CHICKPEAS (HANDFUL): PROTEIN AND CRUNCH**
- **MIXED GREENS AND CUCUMBER: LOW-GLYCEMIC VEGGIES**
- **FETA CHEESE CRUMBLES: CREAMY TOUCH**



### RASPBERRY ALMOND BUTTER RICE CAKES

- **RICE CAKES (2): LIGHT AND CRUNCHY BASE**
- **ALMOND BUTTER (2 TBSP): HEALTHY FATS AND PROTEIN**
- **FRESH RASPBERRIES (1/2 CUP): LOW-GLYCEMIC SWEETNESS**