



Nourishing and Satisfying Mini Meal – Snacks

RAW NUTS – great combination walnuts, almonds, cashews / serving size ¼ cup

Raw nuts (2 tbsp) with a small banana

Sprouted grain bread with ¼ avocado

½ avocado with one bell pepper (sliced)

1 hardboiled (free range) egg with one half sliced cucumber – dash of sea salt & dash of cayenne pepper

Grapefruit with 1 tsp coconut flakes plus 1 tbsp almond slivers

High Health for High Life: Body, Mind & Soul

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