

Snack Hacks

Snacking can either keep hunger at bay or be a landmine of empty calories. Here are some tips on how to be a smart snacker, satisfy your hunger, and keep your day moving forward!

SNACK MINDFULLY

- Pay attention to portions by pre-portioning out snacks ahead of time
- When on-the-go, find portable snacks that don't have to be refrigerated
- Choose 2 out of the 3 macros (carb + fat, carb + protein, protein + fat)
- Focus on nutrient dense options that are high in protein or fiber (fruits/veg, hummus, guac, nuts, whole grains)
- Pair a little of a heavy food with a lot of a light food (apple + PB, whole grain crackers + cheese, grapes + nuts)



MAKE A PLAN

Planning eliminates scrambling for food when hungry which can lead to a lesser snack choice. Ask yourself these questions to start:

- Does my snack need to be portable?
- How many snacks do I need?
- Do I have time to prepare it, or is it ready to eat?



MAKE YOUR OWN

protein-packed ENERGY BITES

PREP TIME: 20 minutes

COOK TIME: 0 minutes

YIELD: 20 servings



INGREDIENTS

- 1 1/2 to 2 cups rolled oats
- 1/2 cup any nut butter
 - * NUT-FREE OPTION: sub sunflower seed butter
- 1/4 cup honey
 - * VEGAN OPTION: sub maple syrup
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- CHOOSE 2-3 of the following:
 - 1/4 cup chia seeds
 - 1/4 cup shredded coconut
 - 1/2 cup mini dark choc chips
 - 1/2 cup raisins or raisins
- OPTIONAL: 1/3 cup protein powder

DIRECTIONS

1. Combine rolled oats, nut butter, honey, vanilla extract, cinnamon, and bonus ingredients in a large bowl and mix thoroughly until well combined.
 - OPTIONAL: use a food processor to blend oats, nut butter, honey, vanilla, and cinnamon. Remove and hand-mix in bonus ingredients.
2. Scoop a large spoonful of the mixture and roll into 15-20 balls with your hands. If the mixture cannot hold its shape, add another 1/2 cup of oats.
3. Can be stored in the fridge for 1 week and freezer for 2 months. Place parchment paper in between the layers of energy bites.

happy snacking!

Meet Rachel

Rachel Naar, MS RD CDN, is a Registered Dietitian Nutritionist and the founder of her private practice, Rachel Naar Nutrition (developed in 2018) where she helps clients redefine their relationship between food and mood. Food is social, cultural, emotional, spiritual, and creative. Her approach is to debunk and demystify food, draw connections to overall well-being, and make life palatable.

Services

Rachel takes an individualized approach working 1:1, with families, and couples incorporating background and lifestyle to establish goals to achieve mental and physical well-being.

Overall well-being

Food and Mental Health

Eating disorders/disordered eating

Meal/snack ideas, grocery shopping

GI distress/ Allergies + Sensitivities



Work with
Rachel



Curious to learn more about working with Rachel?

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