



## HEALTHY SNACK AND/OR BREAKFAST IDEAS

### HEALTHY SNACKS

- ❖ Hard boiled eggs (with mustard, mayonnaise, or sea salt)
- ❖ Apples, pears, or berries with almond butter or goat cheese
- ❖ 1 medium baked potato with ½ cup cottage cheese
- ❖ 2 small corn tortillas, raw cheddar cheese, sliced avocado, and tomato
- ❖ 2 small corn tortillas, melted mozzarella, sliced avocado and salsa
- ❖ 1 slice of Ezekiel bread with sliced avocado and chicken
- ❖ 1 medium potato with mozzarella cheese and fresh salsa
- ❖ 1 cup plain goat milk yogurt, ½ cup of blueberries and crushed walnuts
- ❖ Sardines packed in olive oil with rice crackers
- ❖ Avocado and brown rice with sea salt and olive oil
- ❖ Salad at Whole Foods

### HEALTHY SNACKS WITH NO GLUTEN, COW MILK, EGGS OR SOY

- ❖ Raw nuts with Goji berries
- ❖ Gluten free bread or crackers with 2 tablespoons of nut butter
- ❖ ½ cup of blackberries and sunflower seeds
- ❖ Nitrate free chicken sausage
- ❖ 1 slice of rice bread, nitrate free turkey, lettuce, tomato, and mayonnaise
- ❖ Coconut butter
- ❖ Celery filled with almond butter
- ❖ ¼ cup unsweetened applesauce and almonds
- ❖ Raw vegetables (cucumbers, peppers, snap peas) with hummus or tahini



# GREEN LAKE CHIROPRACTIC & NUTRITIONAL HEALING

Well Adjusted For Life

- ❖ Cold chicken with mustard for dipping
- ❖ Lunch meat wrapped in lettuce leaves, such as Romaine
- ❖ Water packed albacore tuna
- ❖ Lydia's Organic Sunflower Seed Bread

## BREAKFAST

- ❖ 1-2 eggs with steamed greens, raw butter and sea salt
- ❖ Omelet made with fresh vegetables
- ❖ Sandwich meats (from the deli, not prepackaged) with carrot sticks and a handful of nuts
- ❖ Breakfast burrito – scrambled eggs in a tortilla shell with chopped tomato, grated cheese, ham, other vegetables – roll up and enjoy!
- ❖ Cottage cheese ( 4 ounces has 14 grams of protein)
- ❖ Sausages without additives or sugars
- ❖ An avocado filled with tuna
- ❖ Ezekiel toast with coconut oil, cinnamon, stevia and an egg
- ❖ Ezekiel toast with raw butter, turkey bacon or avocado, and sliced turkey
- ❖ 1 medium grapefruit and a hardboiled egg

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