



DC WAVE



SNACK PLANNER

WEEK OF:

**PRE-WORKOUT
SNACK**

PREP WORK

SHOPPING LIST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SNACK IDEAS

- yogurt, fruit, and granola
- cheese and crackers
- toast with peanut butter
- pita bread and hummus
- granola bar
- smoothie
- banana and nut butter
- mini bagel with jam
- hard boiled eggs
- whole grain muffins
- waffle with nut butter
- 1/2 deli sandwich/wrap
- Greek yogurt with berries
- tuna fish salad and crackers
- chicken salad with grapes
- avocado toast
- guacamole and crackers
- pretzels, fruit, and cheese
- hummus and pita chips
- homemade trail mix
- apple slices and cheese
- applesauce and crackers
- hummus and carrots
- baked potato with toppings
- toast with nut butter and banana
- english muffin with nut butter and honey
- oatmeal
- jerky
- nut butter and jelly sandwich
- rice cakes with deli meat
- RX bar
- fruit packets
- rice cakes and deli meat
- banana and yogurt

