



## 7 Day Snack-Only Meal Plan

Created by sanoMidLife



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sanoMidLife

## Overview:

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This 7 Day Snack-Only Meal Plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of snack ideas for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare the snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future snacks.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

## 7 Day Snack-Only Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	Apple Slices with Peanut Butter Yogurt	Apple Slices with Peanut Butter Yogurt	Blueberries & Almonds	Blackberry Kefir Chia Pudding	Blackberry Kefir Chia Pudding	Brazil Nuts	Brazil Nuts
Snack 2	Hummus Dippers	Hummus Dippers	Sauerkraut Avocado Mash with Crackers	Sauerkraut Avocado Mash with Crackers	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs

# 7 Day Snack-Only Meal Plan

20 items

## Fruits

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- ☐ 2 Apple
- ☐ 1 Avocado
- ☐ 1/3 cup Blackberries
- ☐ 3 cups Blueberries

## Breakfast

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- ☐ 1/4 cup All Natural Peanut Butter

## Seeds, Nuts & Spices

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- ☐ 3/4 cup Almonds
- ☐ 1/2 cup Brazil Nuts
- ☐ 1/3 cup Chia Seeds
- ☐ 1/2 tsp Cinnamon
- ☐ 3/4 tsp Sea Salt

## Vegetables

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- ☐ 1/2 Carrot
- ☐ 2 stalks Celery
- ☐ 1/2 Yellow Bell Pepper

## Boxed & Canned

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- ☐ 100 grams Seed Crackers

## Condiments & Oils

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- ☐ 3 tbsps Apple Cider Vinegar
- ☐ 1/4 cup Sauerkraut

## Cold

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- ☐ 6 Egg
- ☐ 1/2 cup Hummus
- ☐ 1 1/2 cups Plain Greek Yogurt
- ☐ 2/3 cup Plain Kefir

# Apple Slices with Peanut Butter Yogurt

3 ingredients · 5 minutes · 2 servings



## Directions

1. In a bowl, combine the yogurt with the peanut butter and mix well.
2. Serve with apple slices for dipping and enjoy!

## Notes

### Leftovers

Refrigerate the yogurt in an airtight container for up to four days and cut the apple just before serving.

### Serving Size

One serving is approximately one cup of dip with one apple.

### Make it Vegan

Use a plant-based yogurt alternative.

### More Flavor

Add a drizzle of honey or maple syrup.

### Additional Toppings

Add chocolate chips to the dip.

## Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/4 cup All Natural Peanut Butter
- 2 Apple (cored and sliced)

# Blueberries & Almonds

2 ingredients · 5 minutes · 3 servings



## Directions

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1. Serve the almonds with the blueberries and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

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**3/4 cup** Almonds

**3 cups** Blueberries

# Blackberry Kefir Chia Pudding

4 ingredients · 35 minutes · 1 serving



## Directions

1. In a small bowl, add all of the ingredients except for the blackberries. Mix well and transfer to a small container. Refrigerate for at least 30 minutes.
2. Garnish with the blackberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately one cup.

### Make it Vegan

Use coconut yogurt or coconut kefir.

### More Flavor

Add maple syrup.

### Additional Toppings

Pumpkin seeds and/or hemp seeds.

## Ingredients

**1/3 cup** Chia Seeds

**2/3 cup** Plain Kefir

**1/2 tsp** Cinnamon

**1/3 cup** Blackberries

# Brazil Nuts

1 ingredient · 5 minutes · 2 servings



## Directions

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1. Divide into bowls and enjoy!

## Ingredients

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1/2 cup Brazil Nuts

# Hummus Dippers

4 ingredients · 15 minutes · 2 servings



## Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up one small mason jar per serving (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy!

## Notes

### Leftovers

Refrigerate for up to four days.

### Mix it Up

Substitute in different veggies like cucumber or zucchini.

## Ingredients

1/2 Yellow Bell Pepper

1/2 Carrot

2 stalks Celery

1/2 cup Hummus

# Sauerkraut Avocado Mash with Crackers

3 ingredients · 5 minutes · 2 servings



## Directions

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1. Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### No Crackers

Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.

## Ingredients

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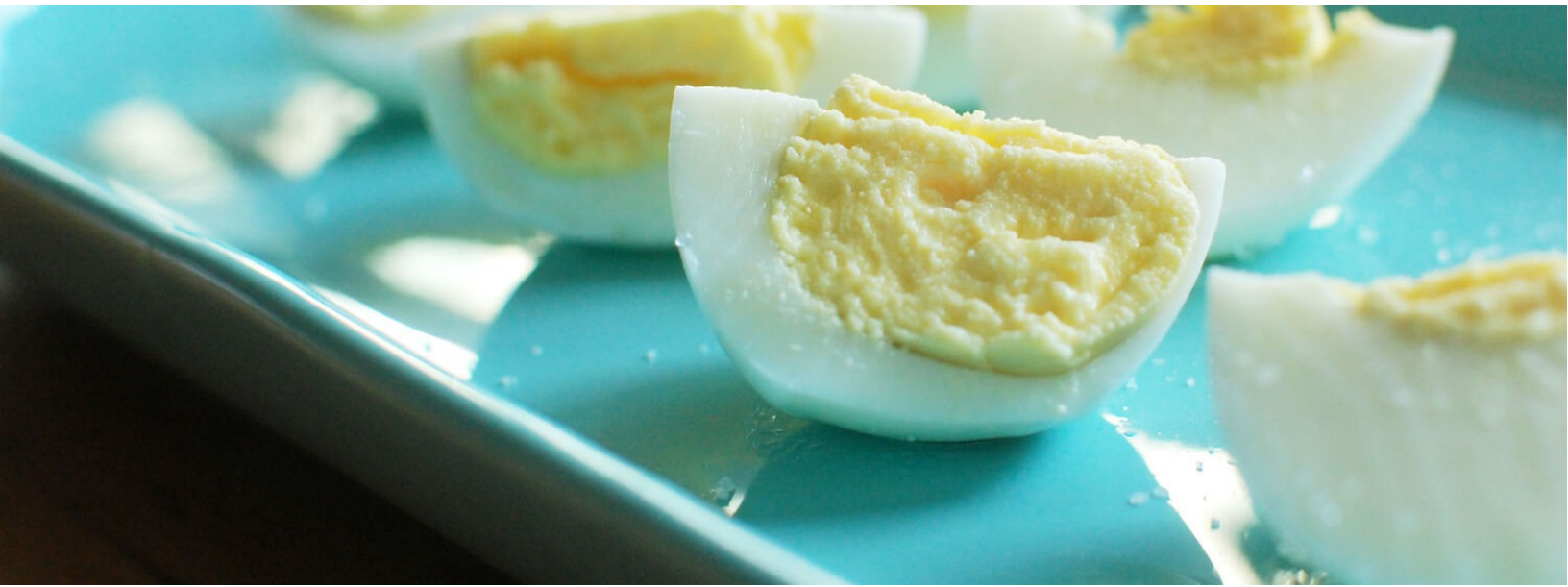
**1** Avocado (peeled, pit removed)

**1/4 cup** Sauerkraut (roughly chopped)

**100 grams** Seed Crackers

# Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 3 servings



## Directions

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1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

## Ingredients

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- 6 Egg
- 3/4 **tsp** Sea Salt (divided)
- 3 **tbsps** Apple Cider Vinegar (divided)