



7 Days of Sweet Snacks Ready in 30 Minutes or Less

Created by sanoMidLife



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Overview:

This 7 Days of Sweet Snacks Ready in 30 Minutes or Less 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 sweet snack ideas for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare the snacks.
- Each recipe includes directions, and ingredients and helpful notes.
- Snacks highlighted in grey represent leftovers, meaning there will be enough prepared in 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 Days of Sweet Snacks Ready in 30 Minutes or Less

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	Whipped Coconut Raspberry Fool	Air Fryer Nectarine with Yogurt	Chocolate & Sesame Banana Bites	Mango & Mint Salad	Cantaloupe Sorbet	Grilled Nectarines with Ice Cream	Cantaloupe Sorbet
Snack 2	Air Fryer Nectarine with Yogurt	Chocolate & Sesame Banana Bites	Mango & Mint Salad	Cantaloupe Sorbet	Strawberry Milkshake	Whipped Coconut Raspberry Fool	Sweet Plantains with Coconut Milk

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30 items

Fruits

- ☐ 1/2 Banana
- ☐ 1/2 Cantaloupe
- ☐ 3/4 Lemon
- ☐ 1 tbsp Lime Juice
- ☐ 2 Mango
- ☐ 2 1/2 Nectarine
- ☐ 1/2 Plantain
- ☐ 1 cup Raspberries

Breakfast

- ☐ 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Almonds
- ☐ 1/3 tsp Cinnamon
- ☐ 2 tsps Ground Flax Seed
- ☐ 2 tsps Hemp Seeds
- ☐ 3 tbsps Pecans
- ☐ 1 tbsp Pistachios
- ☐ 1/16 tsp Sea Salt
- ☐ 2 2/3 tbsps Sesame Seeds
- ☐ 1 tbsp Walnuts

Frozen

- ☐ 1/2 cup Coconut Ice Cream
- ☐ 2/3 cup Frozen Strawberries

Vegetables

- ☐ 2 tbsps Mint Leaves

Boxed & Canned

- ☐ 1/3 cup Canned Coconut Milk
- ☐ 1 cup Coconut Cream

Baking

- ☐ 1 1/2 tsps Coconut Sugar
- ☐ 2 2/3 tbsps Dark Chocolate Chips
- ☐ 1 tsp Raw Honey
- ☐ 1 1/4 tsps Vanilla Extract

Condiments & Oils

- ☐ 1/4 tsp Coconut Oil

Cold

- ☐ 1/2 cup Unsweetened Coconut Yogurt

Other

- ☐ 2 1/16 cups Water

Whipped Coconut Raspberry Fool

4 ingredients · 10 minutes · 1 serving



Directions

1. Add the chilled coconut cream, maple syrup, and vanilla to a bowl. Using a hand mixer, whip on medium speed for two to three minutes or until light and fluffy.
2. Use a fork and smash the raspberries in a bowl.
3. Layer the coconut cream and smashed raspberries into small bowls, jars, or a glass. Use a spoon and gently swirl the layers. Enjoy!

Notes

Leftovers

Best enjoy immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately one cup.

Additional Toppings

Top with granola, hazelnuts, or almonds.

Ingredients

1/2 cup Coconut Cream (chilled in the fridge overnight)

1 1/2 tps Maple Syrup

1/2 tsp Vanilla Extract

1/2 cup Raspberries

Grilled Nectarines with Ice Cream

6 ingredients · 15 minutes · 1 serving



Directions

1. Preheat the grill to medium-high heat.
2. Rub the coconut oil all over the nectarine halves.
3. Place the nectarine halves on the grill and grill for two to three minutes per side.
4. Plate the nectarine halves and top each with ice cream, chopped pistachios, walnuts, and maple syrup. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is half a nectarine with 1/2 cup ice cream plus toppings.

No Coconut Ice Cream

Use another ice cream of choice.

No Pistachios or Walnuts

Omit or use any other nuts or seeds.

Ingredients

- 1/4 tsp Coconut Oil
- 1/2 Nectarine (large, cut in half, pit removed)
- 1/2 cup Coconut Ice Cream
- 1 tbsp Pistachios (chopped)
- 1 tbsp Walnuts (chopped)
- 1 tsp Maple Syrup

Air Fryer Nectarine with Yogurt

5 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the air fryer to 350°F (175°C).
2. Drizzle the maple syrup and cinnamon over the cut side of the nectarine and place in the air fryer, cut side up. Bake for nine to ten minutes, until softened and just starting to brown around the edges.
3. Spoon the yogurt in a bowl and add the nectarine. Top with pecans. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is one nectarine.

Additional Toppings

Top with granola instead of pecans.

Like it Sweet

Use a scoop of ice cream instead of yogurt.

No Coconut Yogurt

Use any yogurt of choice.

Ingredients

1/2 tsp Maple Syrup

1/4 tsp Cinnamon

2 Nectarine (cut in half, pit removed)

1/2 cup Unsweetened Coconut Yogurt

3 tbsps Pecans (chopped)

Chocolate & Sesame Banana Bites

3 ingredients · 20 minutes · 2 servings



Directions

1. Melt the chocolate in a double boiler or for 30-second increments in the microwave.
2. Place the sesame seeds in a shallow bowl.
3. Use a toothpick to pick up a banana chunk. Dip it in the melted chocolate and roll it in the sesame seeds. Repeat until all banana chunks are dipped. Freeze for 10 minutes and enjoy!

Notes

Leftovers

Store in the freezer for up to one week. Thaw for a few minutes before enjoying.

Serving Size

One serving is approximately two pieces.

Ingredients

2 2/3 tbsps Dark Chocolate Chips

2 2/3 tbsps Sesame Seeds

1/2 Banana (large, sliced into large pieces)

Mango & Mint Salad

3 ingredients · 5 minutes · 2 servings



Directions

1. Gently mix all the ingredients together and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately one cup.

Ingredients

- 2 Mango (small, diced)
- 2 **tbsps** Mint Leaves (finely chopped)
- 1 **tbsp** Lime Juice

Cantaloupe Sorbet

4 ingredients · 10 minutes · 3 servings



Directions

1. Thaw the frozen cantaloupe for five minutes before blending.
2. Place all the ingredients in a blender. Blend until smooth.
3. Scoop into bowls and serve immediately, or store in a resealable container in the freezer for 30 minutes for a firmer texture. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month. Thaw for 15 to 20 minutes before serving.

Serving Size

One serving size is equal to approximately 1/2 cup.

More Flavor

Add basil or mint.

No Maple Syrup

Use honey instead.

Using Fresh Cantaloupe

If you'd like to freeze your own cantaloupe, ensure the cantaloupe is peeled, deseeded, and chopped. Freeze pieces on a baking tray for an hour and then move to a freezer bag.

Ingredients

1/2 Cantaloupe (chopped, frozen)

1/3 cup Water (warm)

1 1/2 tbsps Maple Syrup

3/4 Lemon (juiced)

Strawberry Milkshake

6 ingredients · 15 minutes · 1 serving



Directions

1. Start by making your own almond milk. Place almonds in a high powered blender with water. Add raw honey. Blend on high for at least 60 seconds. Pour milk through a strainer or mesh sack to strain out the pulp. Discard the pulp
2. Add your filtered almond milk back to the blender with hemp seeds, flax seed and frozen strawberries. Blend for another 60 seconds or until smooth.
3. Pour into glasses and enjoy!

Notes

Short on Time

Use store-bought almond milk.

Make it Green

Add spinach.

Ingredients

- 1/3 cup** Almonds
- 1 1/3 cups** Water
- 1 tsp** Raw Honey
- 2 tsps** Hemp Seeds
- 2 tsps** Ground Flax Seed
- 2/3 cup** Frozen Strawberries

Sweet Plantains with Coconut Milk

7 ingredients · 10 minutes · 1 serving



Directions

1. Add all the ingredients to a saucepan and bring to a boil. Immediately lower the heat to a gentle simmer and cook for five to seven minutes, or until the plantain is fork tender.
2. Divide into bowls and sprinkle cinnamon overtop (optional). Enjoy!

Notes

Ingredients

- 1/3 cup** Canned Coconut Milk
- 1/3 cup** Water
- 1/2** Plantain (ripe, peeled, sliced)
- 1 1/2 tps** Coconut Sugar (to taste)
- 1/16 tsp** Sea Salt
- 1/4 tsp** Vanilla Extract
- 1/8 tsp** Cinnamon (optional)