

Successful snacking is a key component in your weight loss success. On the Cityline weight loss challenge, you can enjoy 1-2 snacks per day. I highly recommend packing the options listed below for work or as an “on the go” option.

Your morning snack is optional, however, your afternoon snack from 3-4pm (when blood sugar naturally dips) is a “must have”.

Ideally, your day should look like this:

- Breakfast: 7-8am
- Snack #1: Optional – 10-11am
- Lunch: 12-1pm
- Snack #2: 3-4pm
- Dinner: 6-7pm
- After dinner – free foods only! (vegetables, herbal tea or water)
- To keep you full and blood sugar balanced – all snacks should contain protein, fat or fiber (PFF). My top 12 easy and quick snacks to help boost metabolism and burn belly fat include:
 1. 1 red or green apple with 1 tablespoon of natural nut butter (almond, peanut or cashew butter)
 2. Hard boiled egg with carrot and celery sticks
 3. 8-10 whole grain crackers with 2 tablespoons of hummus
 4. 1 handful of a homemade healthy trail mix (see recipe at end)
 5. 100g vanilla yogurt with ½ cup sliced strawberries
 6. 1 healthy bar – i.e. bounce bar, simply bar or kashi bar
 7. 40 unsalted or low sodium pistachios with a sliced pear
 8. ½ cup steamed edamame with sprinkle of sea salt
 9. 1 light baby bell cheese with ½ cup grapes
 10. 3 oz of nitrate free turkey slices on 3 Ryvita crackers with drizzle of mustard
 11. ½ of an avocado mixed with goat’s cheese chopped and salted on 1 piece of whole grain or sprouted grain bread
 12. 1 cup of air popped popcorn topped with 1 tbsp of coconut oil and salt

Metabolic boosting trail mix

Ingredients:

- ½ cup almonds
- ½ cup raisins
- ½ cup of cup sunflower seeds
- ¼ cup of walnuts
- ½ cup of dried organic apples
- ½ cup of mini dark chocolate chips
- 1 tbsp of coconut flakes
- ½ cup of Nature’s Path Oaty Bites or whole grain cheerios

1 serving = 1 handful