



Power Snacks: How to Build a Healthy Snack for Gymnasts

carbs



asparagus
broccoli
carrots
cauliflower
celery
cucumber
edamame
green beans
peppers
radishes
snap peas
apple
banana
berries
grapefruit
orange
kiwi
peach
pineapple

+

fats



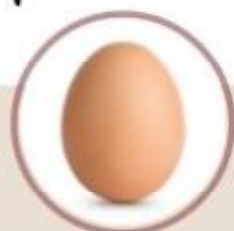
avocado
hemp seeds
flax meal
pumpkin seeds
high-quality oils
coconut milk
nut butters
tahini
hummus

nuts:

walnuts
pecans
macadamia
hazelnuts
almonds
pistachios
peanuts

+

proteins



quinoa
chia seeds
flax seeds
hemp seeds
sunflower seeds
pumpkin seeds
sesame seeds

beans:

black beans
lentils
chickpeas
pinto beans
white beans

animal proteins:

hard boiled eggs
cheese sticks
yogurt
milk

putting it together

Be creative with your combinations!

Raw or roasted vegetables + dips:

- cucumbers + hummus
- roasted cauliflower + salsa
- carrots + tahini sauce
- peppers + black bean dip

Raw fruits or vegetables + nut or seed butter: + topping:

- apple slice + nut butter + flax meal
- celery + almond butter + sunflower seeds

Smoothies [1/3 fruit + 2/3 vegetable and liquid]

Chia pudding + fruit + seeds

Hard boiled egg +
guacamole/mashed avocado

Cooked quinoa + fruit + milk of choice