



HEALTHY SNACKS

- ✓ A couple of oatcakes with a slice of turkey and goats cheese
- ✓ One sesame seed Ryvita with peanut butter and sliced tomato
- ✓ One slice of rye toast with mackerel pate and sliced cucumber
- ✓ A small pot of natural yoghurt with a drizzle of honey & toasted almond flakes
- ✓ A small pot of natural cottage cheese with chives
- ✓ V8 or carrot juice and a couple of oatcakes with peanut butter
- ✓ A bowl of muesli mix with nuts and seeds with soya/rice milk
- ✓ Pickled herrings with rye toast soldiers
- ✓ A small bowl of porridge with honey
- ✓ Soya milk latte
- ✓ Raw baby vegetables with houmous, tzatziki, natural yoghurt, cottage cheese, salsa or guacamole
- ✓ Small pack of raw unsalted nuts, or nuts and seeds
- ✓ A couple of Ryvita with a chopped, boiled egg (mix in a little natural yoghurt and chopped fresh herbs)
- ✓ A couple of mini oatcakes with tinned salmon and cucumber slices
- ✓ A nut and seed bar
- ✓ A couple of fresh celery sticks filled with peanut butter
- ✓ A cold boiled egg and a couple of slices of cooked ham
- ✓ A cold cooked chicken leg/breast (skin removed), a couple of tomatoes and salad leaves
- ✓ A small pack of mixed olives with feta cheese or a small bowl of olives stuffed with anchovies or almonds
- ✓ Three bean salad
- ✓ Half an avocado stuffed with salsa and topped with chopped pine nuts
- ✓ A small tray of mixed fish and vegetable sushi
- ✓ A slice of toasted pumpernickel bread, spread with tzatziki and topped with thinly sliced smoked salmon and some cucumber or avocado slices