

HEALTHY OFFICE SNACK IDEAS

5 Nutritious & Delicious Snacks for a
Healthier You!

01

ALMOND + DARK CHOCOLATE

A great source of antioxidants & energy



02

GREEK YOGURT + HONEY

High in protein & probiotics



03

APPLE + PEANUT BUTTER

A perfect mix of fiber and healthy fats



04

CARROT STICKS + HUMMUS

Low in calories, high in fiber



05

RICE CAKE + AVOCADO

Healthy fats for long-lasting energy



PROTEIN, HEALTHY FATS, AND
COMPLEX CARBS ARE ESSENTIAL