

Healthy Snack Ideas

The time between 3 to 6 pm is the time when you like most people will start feeling one or more of the following:

- Tired
- Low on energy
- Very hungry
- Hangry (hungry+ angry)
- A craving for something sweet or salty
- Your sugar levels level dropping
- Like eating junk or binge eating.

This is why I call it the Be-Aware Zone! Once you tide over this time and are on top of things, with a wholesome early dinner you will pave your way to your health goal. So here are some of my recommendations as healthy snack ideas.

Beverages

- Veggie juice
- Coconut Kefir
- Kombucha
- Herbal Tea without caffeine, sweetener or milk

Snacks

- Fruits
- Mixed fruit salad
- Coconut pieces
- Cucumber & carrot sticks
- Sprouts Bhel, without sev and puri
- Roasted, unsalted or soaked Nuts / Seeds
- Lotus Seeds (Makhana), roasted at home
- Chia pudding with fruits & coconut milk as a treat
- A couple of dates, dried figs or a few raisins
- A small portion of dessert sweetened with dates or other dry fruits such as bliss balls or laddoos.

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