



Infusion Snack Guide



Food Safety

- Wash hands thoroughly and frequently.
- Wash all produce.
- When traveling remember to pack ice packs to keep cold foods cold.
- Remember to keep hot foods hot using a thermos.
- Keep hot and cold foods separated during travel.

Grab and Go Snacks

- Tuna pouches with crackers
- Cottage cheese and fruit
- Hummus w/ veggies, crackers, or pretzels
- Yogurt and granola
- Nut butters w/ fresh fruit, vegetables, pretzels or crackers
- Snack mix (Dry cereal, dried fruits, nuts)
- Snack bars (RX Bar, KIND Bars, LaraBar, make your own)
- Seeds and nuts (pumpkin and sunflower, almonds, peanuts, walnuts)
- Guacamole w/ tortilla chips, raw veggies or crackers

Make Ahead Quick Snacks

- Mini quiche bites (veggies, cheese, protein of choice ex. Turkey bacon, sausage, shredded chicken) **Can be made ahead of time and frozen for 2-3 months.**
- Protein balls (peanut butter, oats, chia or flax seeds, protein powder)
- Homemade pre-cut fruit and cheese trays (grapes, apples, blueberries, and strawberries)
- Sandwich roll ups (ex. Tortilla, avocado, mixed greens, cheese, and spread of choice)
- Mini salad (chicken, quinoa, grape tomatoes, fresh mozzarella, oil and vinegar dressing)



Quick Recipes to Make

Protein Power Balls (Yield 18- 1 inch balls):

- 1 1/4 cups rolled Oats
- 2 tablespoons "power mix-ins" – chia seeds, flaxseeds, hemp seeds, or additional rolled oats
- 1/2 cup nut butter of choice such as peanut butter
- 1/3 cup honey or maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon Kosher salt
- 1/2 cup mix-ins (nuts, chocolate chips, raisins)

Instructions:

1. Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, honey vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed.
2. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on). Remove the bowl from the refrigerator and portion the dough into balls of desired size. (Use a cookie scoop to make approximately 1 inch in diameter).

Sandwich Roll ups (Yield 1 roll):

- 1- 8 inch Tortilla, Flat bread, bread, etc.
- 1 tablespoon Choice of spread (1 tablespoon avocado, mustard, hummus)
- 1/4 cup leafy greens
- 1 slice of low fat cheese such as cheddar or Swiss cheese cut into triangles
- 2 slices of tomato or other fruits/vegetables
- 2-3 slices of Turkey
- Instructions:

1. Place choice of bread cutting board or plate preferred, take your choice of spread and smear up to the edges and layer on the cheese slices followed by the leafy greens and the tomatoes.
2. Next layer on your choice of cooked proteins and any other toppings or seasonings you would like. Then begin to roll one side of the bread and tightly roll towards the center keeping all ingredients tucked inside. Once the rolling process is complete, wrap tightly in plastic wrap and chill for 20 minutes. Once roll has chilled, using a sharp knife cut the roll into 6-8 pieces.

Mini Tomato and Feta Salad (Yield 1 salad):

- 1/2 cup sturdy leafy greens (Washed well)
- 4 grape tomatoes (Cut into halves)
- 2 oz Feta cheese (mozzarella or parmesan)
- 2-3 oz Turkey
- 1 teaspoon Lemon juice
- 2 teaspoon extra virgin olive oil
- Salt and pepper to taste
- Instructions:

1. Place your washed leafy greens into a spill-proof container. In a separate small bowl lightly mix together grape tomatoes, feta, protein, olive oil, and lemon juice.
2. Place this mixture into the spill-proof container and gently mix into the leafy greens. Taste and season accordingly, Refrigerate up to two days.

ENJOY!