

Food CHRISTMAS MORNING SNACK BOARD

FIBER

1

- Whole Grain Cracker
- Fruit
- Vegetable
- Multi-Grain Bread
- Popcorn
- Dried Fruit
- Pita or Naan



FAT

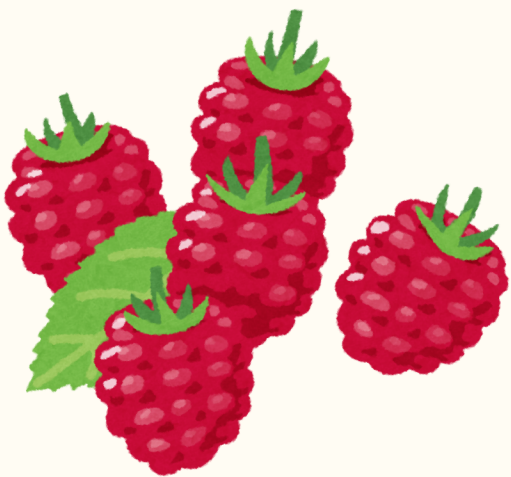
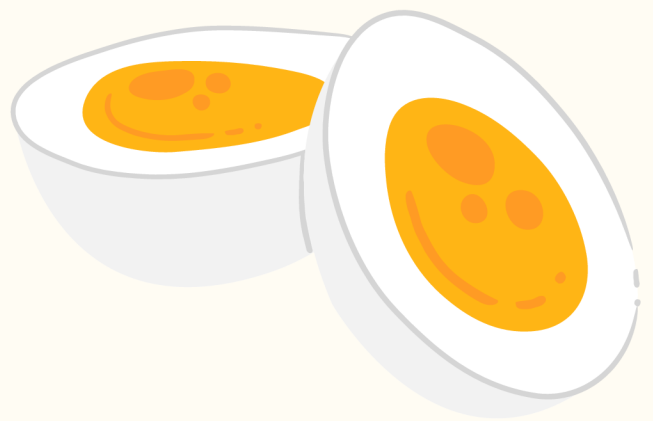
2

- Nuts: Salted, Plain, Flavor
- Full Fat Dairy: Yogurt, Cheese
- Nut Butter: Peanut, Almond
- Seed Butter: Tahini, Sunbutter
- Butter: Irish, Salted, Grass Fed
- Avocado Slices
- Dark Chocolate Squares
- Olives: Green, Stuffed or Black

3

PROTEIN

- Meat: Ham, Turkey, Bacon
- Hard Boiled Eggs
- Cheese: Cubes, String, Slices
- Nuts or Seeds
- Smoked Fish: Trout, Salmon
- Plant Based: Tofu, Edamame, Chickpeas



FRUIT

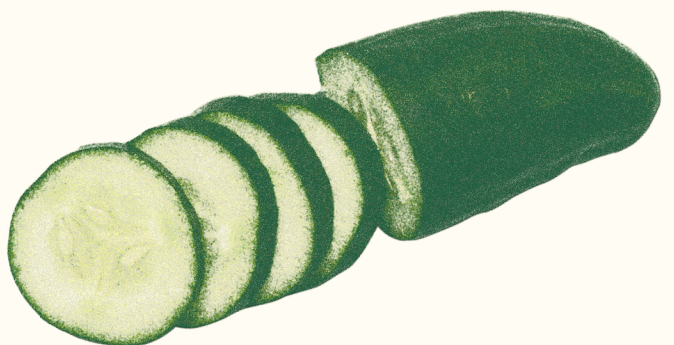
4

- Apple
- Pear
- Raspberry
- Strawberry
- Blueberry
- Blackberry
- Orange
- Honey Dew
- Cantaloupe
- Pomegranate
- Cherries
- Pineapple
- Peach
- Plum

5

VEGETABLE

- Carrot Sticks
- Cucumber Slices or Spears
- Cherry Tomato
- Broccoli Floret
- Bell Pepper: Mini or Sticks
- Radish Slices
- Celery Sticks or Rounds



EXTRAS

6

- Olives
- Chocolate Dipped Fruit
- Dark Chocolate
- Festive Flavors: peppermint, cranberry, Citrus, Warm Spices
- Mini Gingerbread Cookies
- Fudge Pieces