



Chef Mike Sly recommends the following snacks. Although I “taste-tested” all of the products and like them, you may not. All of these suggestions can be purchased at **WHOLE FOODS**. Most of the choices are high in protein, which, in many cases, will curb your appetite.

Whole Foods Market is a really great place to shop. Listen to this— if you want to try anything in the store, they will let you without having to buy the product. They don’t want you to buy something you won’t like. So you have nothing to lose. Most of these choices are convenient if you are on the run.

One last thing, don’t be afraid of fat, fat will fill your stomach and curb your appetite, but limit portion sizes. Remember, it’s the calories you consume and expend that dictate your success or failure in regards to weight control.



Instead of reaching for a candy bar, try this. It tastes really good. Drink an 8 oz. glass of water with it.

Nutrition info: 1 Bar

Calories:	210	Carbohydrate:	10 g
Total Fat:	13 g	Dietary Fiber:	1 g
Saturated:	5 g	Sugars:	4 g
Trans Fat:	0 g	Protein:	13 g



Many individuals have a cheese or salty craving between meals, have a string of cheese instead of the junk in a vending machine.

Nutrition info: 1 Piece

Calories:	80	Carbohydrate:	0 g
Total Fat:	6 g	Dietary Fiber:	0 g
Saturated:	3.5 g	Sugars:	0 g
Trans Fat:	0 g	Protein:	7 g
Cholesterol:	20 g		



This bread is amazing—5 grams of fiber each slice. Try having a piece of this bread with a tablespoon of peanut butter (see below, for the peanut butter I recommend).

Nutrition info:

OOOOOPS.
Have a glass of refreshing 8 oz. of chilled water to wash it down.



Fresh ground Almond Butter is a much better choice than the mass marketed peanut butter in stores. Remember, although this is good fat, limit the amount (1-2 TBSP/serving).

Nutrition info: 1.5 Tablespoons

Calories:	165	Carbohydrate:	4.5 g
Total Fat:	13.5 g	Dietary Fiber:	2.2 g
Saturated:	0.8 g	Sugars	1 g
Trans Fat:	0 g	Protein:	6 g



Almonds are filled with nutrients and consuming just a small amount can fill you up. If you are in a hurry, grab a small handful to regain that energy loss instead of 5-hour energy.

Nutrition info: 10

Calories:	70	Carbohydrate:	2.6 g
Total Fat:	5.9 g	Dietary Fiber:	1.5 g
Saturated:	0.4 g	Sugars	0.5 g
Trans Fat:	0 g	Protein:	2.5 g



Research has shown that consuming protein and carbs immediately after a workout is crucial for maximum results. This product contains whey protein and carbs.

Nutrition info: 1 Drink Box

Calories:	255	Carbohydrate:	32 g
Total Fat:	7 g	Dietary Fiber:	2 g
Saturated:	0 g	Sugars	13 g
Trans Fat:	0 g	Protein:	16 g

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