

**Here are a few of our faaaaavorite thiiings!
(Sung to the tune of Sound of Music)**

Matt and I love each of these in different flavors!

Chips: Harvest Snaps in different flavors. These are made out of lentils, and the servings are pretty big, as is the fiber! So you can enjoy it just as much with a healthier fit into your goals. Popcorn is another great way to satisfy the savory snacking. I like to add butter flavored coconut oil and nutritional yeast! Nutritional Yeast is like a cheesy, nutty flavored powder with vitamin Bs and protein! If you want to get super creative, Chick Peas can be roasted with your seasonings of choice for another protein option!

Sweet Tooth: (besides homemade recipes) Here are some of my favorite bars for my sweet tooth throughout the week, so that when Matt and I really want actual dessert, it is truly worth it.

1. **Quest Cookie (Quest makes a protein donut I've never tried)**
2. **Oatmega Bar (Lemon is the best!)**
3. **Power Crunch (Tastes like a waifer cookie!! but 5g of sugar!)**
4. **Beachbar (tastes like a chocolate cherry rice crispy treat!)**
5. **Crafted Energy (like a Trail Mix Bar)**
6. **Garden of Life Raw Fit (high fiber, high protein, 1g sugar. It does have a stevia after taste, however if you don't mind that, I actually love adding this to shakes after I chop it up, or having part of one with an actual dessert so that the fat, fiber and protein buffer the sugar & insulin spike.)**
7. **Ice Cream : Halo Top (more protein) or Coconut So Delicious (Unsweetened, more fiber)**
8. **Frosty: This is a homemade tip, but if you add 1/2 frozen banana or 1 cup fruit of choice, ice, less liquid, protein powders, and blend to be thicker than normal... then you add chopped 1/2 protein bar & mix, you can get a blizzard effect! I actually love doing this by adding a little mint extract (baking section) to my chocolate shake with cacao nibs. It is a super healthy way to imitate mint chocolate chip ice cream!**

Let me know if you try any of these!

Obviously there are times it's worth indulging, and by all means enjoy the experience (a very real benefit)! But healthifying favorite foods is both fun, and effective for long term goals.