

A + B = Wins
Mix 2 or 3 snacks from any column...

A (Carb) SNACKS	
<input type="checkbox"/>	Fruit
<input type="checkbox"/>	Veggies (Carrots, bell peppers, snap peas, etc)
<input type="checkbox"/>	100% Fruit Snacks
<input type="checkbox"/>	Triscuits/Rice Crackers etc
<input type="checkbox"/>	Chocolate
<input type="checkbox"/>	Dried Tart Cherries
<input type="checkbox"/>	Applesauce
<input type="checkbox"/>	Granola
<input type="checkbox"/>	Shredded Wheat Cereal
<input type="checkbox"/>	Oatmeal
<input type="checkbox"/>	Popcorn
<input type="checkbox"/>	Frozen Grapes or Bananas
<input type="checkbox"/>	Corn Tortilla Chips
<input type="checkbox"/>	Biscotti/Scone/Donut/ Cookie
<input type="checkbox"/>	Dried Fruit
<input type="checkbox"/>	Bagel
<input type="checkbox"/>	Trader Joes Brown Rice Cakes- lightly salted x 2+
<input type="checkbox"/>	Banana Bread

B (Protein) SNACKS	
<input type="checkbox"/>	Peanut or Almond Butter
<input type="checkbox"/>	Hummus
<input type="checkbox"/>	Nuts- Almonds, Cashews, Peanuts, Walnuts, Pecans
<input type="checkbox"/>	String Cheese
<input type="checkbox"/>	Beef or Turkey Jerky
<input type="checkbox"/>	Edamame
<input type="checkbox"/>	Sunflower Seeds
<input type="checkbox"/>	Pumpkin Seeds
<input type="checkbox"/>	Guacamole/Avocado
<input type="checkbox"/>	Cottage Cheese
<input type="checkbox"/>	Milk
<input type="checkbox"/>	Tuna
<input type="checkbox"/>	Hard Boiled eggs
<input type="checkbox"/>	Cream Cheese
<input type="checkbox"/>	Olives (for fat)
<input type="checkbox"/>	Butter (for fat)
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A + B Snacks	
<input type="checkbox"/>	Greek Yogurt
<input type="checkbox"/>	Milk
<input type="checkbox"/>	Fruited whole milk Yogurt
<input type="checkbox"/>	Trail Mix
<input type="checkbox"/>	Bars (Kind, Zing, Luna, Clif, Pro Bar etc)
<input type="checkbox"/>	Chocolate Milk (post exercise)
<input type="checkbox"/>	Fruit Smoothie
<input type="checkbox"/>	Homemade granola w/ nuts
<input type="checkbox"/>	Baked Oatmeal w/ pecans
<input type="checkbox"/>	Rice and beans
<input type="checkbox"/>	Quesadilla
<input type="checkbox"/>	Homemade avocado Brownie
<input type="checkbox"/>	Chai whole milk latte
<input type="checkbox"/>	Overnight oats
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