



MIKE'S TOP 10 SNACK PICKS

- 1) 1% - 0% Cottage cheese with a piece of fruit. Try Mehadrin brand cottage cheese in the Kosher section of most grocery stores – it's very thick and smooth! Portion: ½ cup to 1 cup.
- 2) 4% Allegro Cheese with a piece of fruit or some raw veggies. Portion: 45 – 90 gr
- 3) Manna Bread by Nature's Path. Found in the freezer section of most health food stores or the Organic section of some grocery stores. Portion: 1 slice.
Spread ½ cup of 0.5% PRESSED Cottage Cheese (Found in most Kosher sections of the grocery store. It has the consistency of a firm cream cheese!)
- 4) Small Tuna or Salmon wrap: 1 small whole-wheat tortilla wrap stuffed with ½ can water packed tuna or salmon. Add lettuce and cucumber. Dress with mustard, or salsa, or olive oil and balsamic vinegar. Tip: wrap the tuna or salmon in the lettuce leaf and then in the wrap to avoid the wrap from getting soggy.
- 5) Power Shake: In a blender: 1 cup of water, 1 scoop of whey isolate protein powder, ½ cup of frozen fruit and 1 tbs of ground flaxseeds or fish oil.
- 6) Home Made Hummus dip (served with 1/2 cup with raw veggies)
Recipe
In a food processor blend 1 clove of garlic, 1 can of chickpeas (drained), 1 juice of a lemon, pinch of salt and pinch of cumin (optional) and pinch of cayenne (optional), 1 tsp sesame paste (optional)
- 7) Handful of plain mixed nuts: Almonds, Walnuts and Macadamia - UNSALTED -
- 8) ½ - 1 cup of 2.7% Liberte Goat's yogurt with some fruit. Much higher in protein than regular yogurt!
- 9) Mixed bean salad with 2-4 Ryvita crackers:
Recipe
1 can of mixed beans, chopped red pepper, celery, cucumbers, garlic, and fresh herbs. Dress with olive oil and balsamic vinegar, salt and pepper. Keeps in fridge for a few days!
- 10) Cottage Cheese Dip: served with ½ cup served with raw veggies or Ryvita Crackers!
Recipe
In a food processor blend, 1 container of low fat cottage cheese, 1 clove of garlic, 1 handful of your favorite fresh herb (i.e. basil, parsley, cilantro). Whip until smooth like sour cream.

WWW.TRAINWITHMIKE.CA

514.817.0967