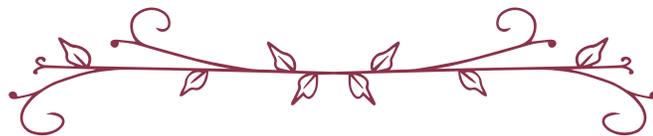


Fuel Your Fire

A Strong + Soft Snack Guide



Healthy snacks are not random
bites.

They are mini-meals that support
strength, recovery, and steady
energy.





Protein-First Balanced Mini-

Snack Ideas Meal Combos



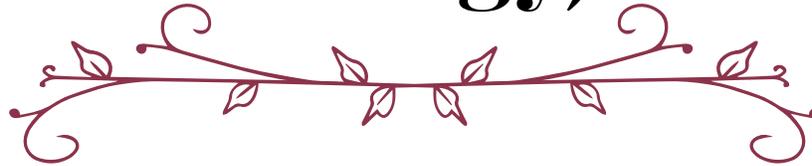
- Greek yogurt (15–20g protein)
- Cottage cheese
- Hard-boiled eggs
- Turkey or chicken slices
- Beef or turkey jerky (low sugar)
- Edamame
- Roasted chickpeas
- Protein shake.



- Greek yogurt + berries
- Apple + almond butter
- Egg + fruit
- Cottage cheese + pineapple
- Rice cake + nut butter
- Hummus + veggies + crackers

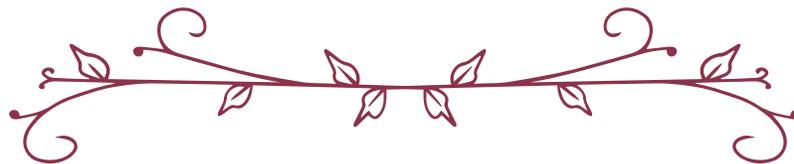


Pre-Workout (Light Energy)



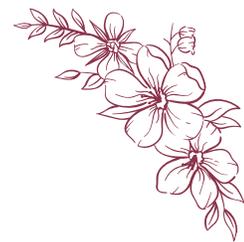
- Banana
- Rice cakes
- Oatmeal (small bowl)
- Toast + honey
- Apple slices

Post-Workout (Recovery)

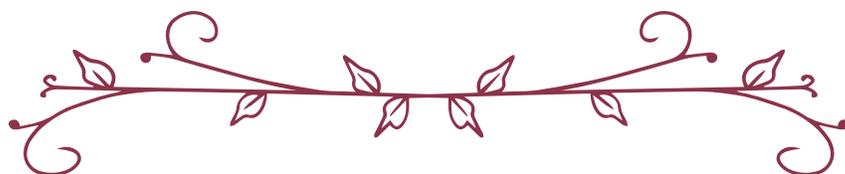


- Protein shake + banana
- Greek yogurt + fruit
- Chocolate milk
- Egg + fruit
- Turkey + crackers





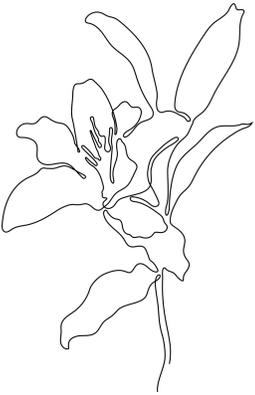
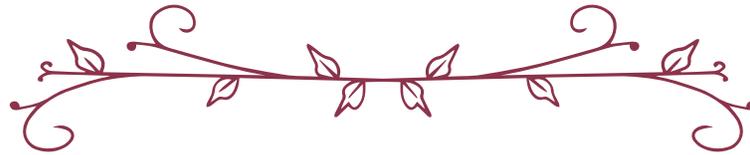
Strong + Soft Snack Reminders



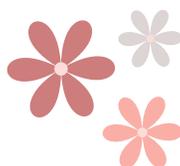
- *Protein first
whenever possible*
- *Pair carbs with
protein to prevent
crashes*
- *Eat before you're
starving*
- *Fuel supports
strength*



How to Build Your Own Snack



- 1.** Choose a protein source
- 2.** Add fiber-rich carbohydrate
- 3.** Add healthy fat if needed
- 4.** Adjust portion based on activity



Example Snack Builder



Protein +
Carb

Greek yogurt +
fresh berries

Protein +
Carb +
Fat

Apple slices +
almond butter
+ cottage
cheese

Protein only
(low activity
day):

Hard-boiled
eggs + a small
handful of
pistachios

***Snacks are support — not failure.
Consistency becomes easier when your
body is fueled.
Fuel supports strength. 🌸***

