



Snack Options Week 1-2

- 1) 10-15 brazil nuts or walnuts or almonds
- 2) apple or Jicama and nutbutter (not peanut butter)
- 3) Jerusalem Artichoke (sunchoke) chips

1 pound Jerusalem artichokes cleaned and ends trimmed off
3/4 tsp seasalt, divided
1 tbsp extra virgin olive oil.

Slice the artichokes thin and transfer to a large bowl. Toss the pieces with 1/2 teaspoon sea salt and set aside for 30-min to rest. Preheat oven to 350 degrees. Line a large baking sheet with parchment paper. Place the artichoke slices in the center of a clean paper towel and press out as much liquid as you can. Arrange the slices in a single layer on the prepared sheet. Coat both sides of slices with olive oil and remaining sea salt. Bake in preheated oven for 30-min until crisp and golden brown.

Afternoon options

- 1) mango or pineapple and goat cheese
- 2) Brazil nuts or walnuts or almonds (about 1/4 cup)
- 3) baked artichoke with butter and garlic for dipping
- 4) almonds and berries
- 5) apple with nut butter (sunflower or almond butter)