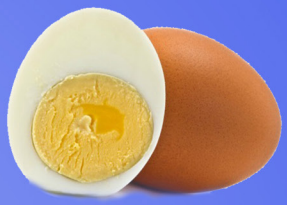

PALEO *Snack* IDEAS

BY DR. SARAH BALLANTYNE, PHD

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SNACK ATTACK!

When you transition from a Standard American Diet to a Paleo one, a whole new world of snack options opens up! Sure, it might take some thinking to replace your usual snack bar or crackers. But with more options than ever both around the web and in stores, amazing snack options are just a click away!

In general, I like to think of snacking more like a full-fledged mini-meal. If you're struggling to come up with simple snack ideas, just imagine combining a protein, fat and carb source together as you would at a normal meal. This might mean a hard-boiled egg with carrots and mayo, or it might be as simple as grabbing an EPIC bar (which contain a great mix of meat, fat and usually some carbohydrate from dried fruit). Below are some fantastic snack options, combinations and links to my favorite spots to grab them all.

These are tried-and-true favorites, many of which are kid-friendly and husband-approved! Get creative with these snacks and you'll never miss that peanut butter sandwich!

*Click **here** for to the AIP Snack Section

PORTABLE PROTEIN

Protein is a must-have component in all my paleo snacks. It helps us stay satiated over the long term, is important for muscle-building (especially helpful in post-workout snacks!) and can help us build a complete mini-meal.

+ Smoked Salmon
+ EPIC Bars
+ Hard boiled eggs
+ Slices of High-Quality Salami
+ Liver Pate
+ Canned Wild Salmon
+ Canned Wild Sardines
+ Canned Wild Tuna
+ Canned Smoked Oysters
+ Canned Smoked Baby Clams
+ Salad Shrimp
+ US Wellness Meats' liverwurst, braunschweiger, or head cheese
+ Organic, No-Filler Hotdogs
+ Applegate Lunch Meat*
+ New Primal Meat Sticks
+ New Primal Grass-fed Beef Jerky
+ Epic Hunt & Harvest Mixes

* check ingredients", their chicken and turkey contains carageenan, but ham and roast beef are great (roast beef is even grass-fed).

PROTEIN BASED SNACK COMBOS

PRIMAL KITCHEN MAYO + CUCUMBER SLICES + SMOKED SALMON

HARD BOILED EGGS + CARROT STICKS + GUACAMOLE

HIGH-QUALITY SALAMI + OLIVES + POTATO CHIPS

LIVER PATÉ + PLANTAIN CHIPS + APPLE SLICES

CANNED WILD SALMON + AVOCADO

CANNED WILD SARDINES

+

PLANTAIN CHIPS

+

PRIMAL KITCHEN MAYO

CANNED WILD TUNA

+

SAUERKRAUT

+

PRIMAL KITCHEN MAYO

CANNED SMOKED OYSTERS

+

PLANTAIN CHIPS

CANNED SMOKED BABY CLAMS

+

POTATO CHIPS

SALAD SHRIMP

+

SIETE TORTILLAS

+

MANGO SLICES

ON THE GO PROTEIN SNACKS

US WELLNESS MEATS' LIVERWURST, BRAUNSCHWEIGER, OR HEAD CHEESE

ORGANIC, NO-FILLER HOTDOGS

QUALITY LUNCH MEAT

THE NEW PRIMAL MEAT STICKS

EPIC BARS

EXO BARS

EPIC HUNT & HARVEST MIXES

CANNED WILD SARDINES

RX BARS

THE PALEO MOM PEMMICAN

1 lb grass-fed beef heart (or substitute flank steak or ground meat)
4 cups chopped frozen spinach (I measure while frozen)
2 cups chopped kale (packed)
2 cups wild blueberries (I used frozen), or ½ cup Dried Wild Blueberries
½ cup Dried Apricots (or about 15 fresh apricots, dehydrated until still soft)
¼ cup extra virgin coconut oil (substitute tallow for better portability)
½ cup tallow (you can make your own or purchase)

1. Slice beef heart (or flank steak) into 1/4"-thick slices and lay on a tray (or two) of your Food Dehydrator. It is easier to slice if the meat is partially frozen. I like the trick of moving it from the freezer to the fridge the night before. Alternatively, you can form 1/4"-thick patties of ground meat.

2. Dehydrate meat for 5-6 hours, until quite firm and most of the moisture is gone.

3. Place chopped spinach and kale onto a Fruit Roll Sheet (or two) on a tray in your Food Dehydrator. Place blueberries on a Fruit Roll Sheet in your Food Dehydrator.

4. Dehydrate another 3-4 hours, until the greens are completely crisp and the blueberries are quite small, wrinkled and chewy. At this point the meat should be completely crisp as well.

5. Grind meat and greens in a Food Processor, Blender or Magic Bullet as finely as possible.

6. Finely chop apricots or process in your food processor. Melt coconut oil and tallow.

7. Mix blueberries, apricot, greens and meat together in a bowl. Add melted coconut oil and tallow, stirring until completely incorporated (if it isn't holding together for you, add more tallow and/or coconut oil 1 Tbsp at a time until you have a fairly moist sticky dough).

8. Press into a 9×9 inch pan. Chill until firm and cut into squares or bars.

SNACKIN' FRUITS & VEGGIES

Fruits and veggies are delicious, healthy sources of the nutrients we need. However, they're not particularly satisfying on their own. Instead of chowing down on a piece of fruit alone, try pairing fresh or dried fruit with something else that includes protein, fat or both. Below are a few tasty suggestions.

+ Strawberries
+ Avocado
+ Banana
+ Carrot sticks
+ Apple slices
+ Celery Sticks
+ Raisins
+ Olives
+ SeaSnax
+ That's It Bars
+ Naturally-fermented pickles
+ Nud Banana Crisps
+ Veggie "chips"
+ Nature's All Foods Freeze-Dried Fruit
+ Sauerkraut

STRAWBERRIES

+

AVOCADO

BANANA

+

COCONUT BUTTER

+

CASHEWS

CARROT STICKS

+

ALMOND BUTTER

+

APPLE SLICES

CELERY STICKS

+

ALMOND BUTTER

+

RAISINS

OLIVES

+

POTATO CHIPS

+

CARROT STICKS

ON THE GO FRUITS & VEGGIES SNACKS

SEA SNAX

THAT'S IT BARS

NATURALLY-FERMENTED PICKLES

NUD BANANA CRISPS

NATURE'S ALL FOODS FREEZE-DRIED FRUIT

SAUERKRAUT

KALE CHIPS

PREP TIME	COOK TIME	SERVES
5 minutes	20-22 minutes	2-4

8 loosely packed cups kale, torn into 1-1½“ pieces, tough stems removed
2 Tbsp extra virgin coconut oil, melted and still warm
¼ tsp salt, to taste

1. Preheat oven to 325F.
2. Wash and dry kale. Place in a plastic container or large bowl.
3. Poor warm oil over kale, close container lid, and shake to coat (alternatively, stir to coat in a bowl or give them a good massage with your hands directly on the baking sheet).
4. Spread out onto a large baking

NUTTY NOSHES

Nuts are a tasty source of fat, and even contain a little protein. But to avoid over-doing nuts (which are calorically dense and contain anti-nutrients that could cause some discomfort in large doses) try eating them alongside fruit or veggies.

+ Almonds
+ Pecans
+ Pistachios
+ Sunflower Seeds
+ Walnuts
+ Sea Salt Macadamia Nuts
+ Chestnuts
+ Pumpkin Seeds
+ PaleoNola
+ Dang Coconut Chips
+ Almond Butter
+ Coconut Butter (aka Coconut Manna)
+ Cashew Butter
+ Chocolate Hazlenut Butter

NUTTY NOSHES

ALMONDS

+

GRAPES

+

PLANTAIN CHIPS

WALNUTS

+

BANANA SLICES

+

RAISINS

CASHEWS

+

OLIVES

+

POTATO CHIPS

PECANS

+

DARK CHOCOLATE CHIPS

+

DRIED CHERRIES

ON THE GO NUTTY SNACKS

PISTACHIOS

SUNFLOWER SEEDS

PUMPKIN SEEDS

PALEO NOLA

DANG COCONUT CHIPS

CHESTNUTS

ALMOND BUTTER

COCONUT BUTTER

CASHEW BUTTER

SUNFLOWER SEED BUTTER

CHOCOLATE HAZELNUT BUTTER

SEA SALT MACADAMIAS

PALEO GRANOLA

PREP TIME	COOK TIME	SERVES
5 minutes	30 minutes	12

2 cups Sliced Almonds
2 cups Unsweetend Coconut Flakes
1 cup Raw Sunflower Seeds
1 cup Raw Pepitas (Shelled Pumpkin Seeds)
¼ cup Honey
1/3 cup Extra Virgin Coconut Oil
2 tsp Vanilla Extract
1 tsp Ground Cinnamon
1 tsp Ground Nutmeg

1. Preheat oven to 300F. Line a large baking pan with parchment paper.
2. Mix coconut, nuts and seeds in a big bowl. Add cinnamon and nutmeg and stir to coat.
3. Melt coconut oil and honey on low heat on the stovetop or in the microwave. Add vanilla.
4. Pour coconut oil mixture over nuts and seeds. Stir to coat. Pour out onto prepared baking sheet and spread out evenly.
5. Bake for 30 minutes, until golden brown. Let cool completely in pan (for larger chunks), then pour into a plastic container or bag for storage. Extra tasty served with berries and milk alternative of your choice!

SATISFYING SALTY SNACKS

Salty snacks like those listed below are fabulous alternatives to the traditional potato chip or popcorn! Just make sure they're cooked in a healthy oil like lard, coconut oil, avocado or olive oil.

+ EPIC Pork Rinds
+ EPIC Pork Cracklins
+ Simple Mills Almond Flour Crackers
+ Siete Tortilla Chips
+ Siete Tortillas
+ Sweet Potato Chips

ON THE GO SALTY SNACKS

EPIC PORK RINDS

EPIC PORK CRACKLINS

SIMPLE MILLS ALMOND FLOUR CRACKERS

SIETE TORTILLA CHIPS

SIETE TORTILLAS

SWEET POTATO CHIPS

POTATO CHIPS

PLANTAIN CHIPS

PARSNIP CHIPS

SWEET POTATO CHIPS

PREP TIME	COOK TIME	SERVES
15 minutes	45 minutes	10-12

6 long skinny sweet potatoes (mine were about 1½" thick at the most)
1 Tbsp Salt
4-6 cups palm shortening (enough to have 1½"-2" of oil in your pot)

1. Slice sweet potatoes as thinly as possible (I sliced mine 1/8" thick on my mandolin slicer and left the peel on. You can peel them first if you prefer.)

2. Generously sprinkle sweet potato slices with salt, place in a colander in your kitchen sink and let drain for 1-2 hours (or more).

3. Rinse excess salt off sweet potato slices and pat dry with clean tea towels or paper towel. It's really important that these slices are dry before they are put into the oil. Any excess water on them will cause the oil to bubble aggressively.

4. Meanwhile, heat palm shortening in a fairly deep, wide bottomed pot with an oil thermometer attached to the side. Aim to get the oil to 375F (or slightly hotter since it will cool down when you add the sweet potato). You need to try and figure out exactly what setting to have your element on to keep the oil at that temperature. For my stove, it was a touch over the 8.

5. Add a generous handful of sweet potato slices to the oil by gently slip-

ping then into the oil with your hand quite close to the surface. Use your strainer or skimmer to push the slices apart. Make sure the oil comes back to temperature quite quickly. Watch them. When they stop bubbling alot, start to curl slightly, and brown a bit, they are done. It takes about 2 minutes if your oil comes back to temperature quickly. It takes a bit longer if there is a lag time in getting your oil back up to 375F.

6. Use your strainer or skimmer to scoop the sweet potato chips out of the oil and place on your prepared paper towels to cool. I found that mine had enough residual salt that they didn't need any more. Taste yours and see if they are salty enough. If not, sprinkle some salt over the top while they are still warm.

7. Repeat in batches, each time making sure you oil comes back up to 375F. Let the chips cool to room temperature and enjoy!

WRAP IT UP!

These fun wraps are a perfect way to make a satisfying snack more portable. Whether we crave the salty-sweet combo of bacon and fruit or the nostalgia of lunch meat and mayo, these wraps won't steer us wrong.

+ Bacon-wrapped apples
+ Bacon-wrapped asparagus
+ Prosciutto-wrapped melon
+ Smoked salmon-wrapped cucumber
+ Organic roast beef wrapped around cucumber sticks
+ Clean, organic cold-cuts with mustard
+ Cassava Flour Tortilla with Turkey, Ham or Egg
+ Organic ham wrapped around carrots with mustard
+ Organic salami wrapped around hard-boild egg slivers
+ Collard greens wrapped around sardine salad
+ Lettuce-wrapped cold cuts with Primal Kitchen Mayo
+ Cassava Flour Tortilla with Ham or Egg
+ Pure Coconut Wraps wrapped around scrambled eggs
+ Organic Nori wrapped around cucumber, smoked salmon or raw fish (riceless sushi)

BACON-WRAPPED APPLES

+

BACON-WRAPPED ASPARAGUS

+

PROSCIUTTO-WRAPPED MELON

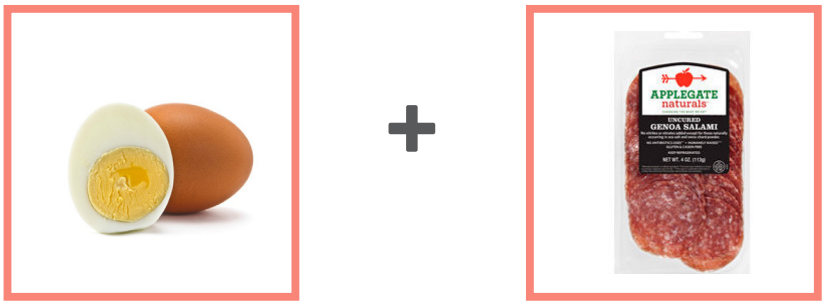
+

ORGANIC ROAST BEEF AROUND CUCUMBER STICKS

+

ORGANIC HAM WRAPPED AROUND CARROTS WITH MUSTARD

ORGANIC SALAMI WRAPPED AROUND HARD-BOILED EGG SLIVERS



COLLARD GREENS WRAPPED WITH SARDINE SALAD
(sardines mixed with Primal Kitchen Mayo)

LETTUCE-WRAPPED COLD CUTS WITH PRIMAL KITCHEN MAYO

CASSAVA FLOUR TORTILLA WITH HAM OR EGG

+

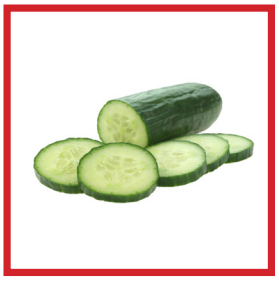
OR

COCONUT WRAPS WITH SCRAMBLED EGGS

+

ORGANIC NORI WRAPPED AROUND CUCUMBER, SMOKED SALMON OR RAW FISH (riceless sushi)

+



OR

BACON-WRAPPED SPICED PUMPKIN

PREP TIME	COOK TIME	SERVES
15 minutes	40 minutes	20 appetizer portions

1½ lbs pumpkin or butternut squash, peeled, seeded and cut into 2" chunks
1 teaspoon ground ginger
1 teaspoon cinnamon
1 teaspoon chopped fresh rosemary
2 Tablespoons olive oil
1 Tablespoon maple syrup (plus more for serving, optional)
¼ cup chopped walnuts
10 oz regular- or thin-cut bacon (10 slices)

1. Preheat oven to 350F. Place a wire rack (e.g., cooling rack, roasting rack) in a rimmed baking sheet (line your baking sheet with foil to make clean up easier if desired).

2. In a mixing bowl, toss pumpkin chunks with spices, olive oil, maple syrup and walnuts. Cut bacon slices in half.

3. Wrap each spiced pumpkin chunk in a half slice of bacon, making sure to have a few walnut pieces wrapped inside the bacon too. Place on the wire rack oriented so that the ends of the bacon slice are on the bottom (this stops them from unraveling while cooking). Repeat with every piece of pumpkin.

4. Using a spoon, drizzle any remaining spice mixture and walnut pieces from the bottom of your mixing bowl over the top of each bacon-wrapped spiced pumpkin chunk.

5. Bake for 40 minutes.

6. Optional: for crispier bacon, broil on high for 2-3 minutes after baking.

7. Remove from oven and serve! Serving suggestion: drizzle a few drops of maple syrup over each bacon-wrapped spiced pumpkin chunk!

DIG-IN DIPS

Dips are perfect when just the act of snacking is satisfying. Slowly working our way through a serving of guacamole, salsa or fancy mayo is a perfect way to indulge. Most of these simple dips can be purchased online, or look for my recipes!

+ Guacamole
+ Salsa
+ Paleo Mayo
+ Primal Kitchen Foods Chipotle Lime Mayo
+ Tapenade
+ Tahini
+ Baba Ghanoush

GUACAMOLE

+

PLANTAIN CHIPS

SALSA

+

SIETE TORTILLA CHIPS

PALEO MAYO

+

PLANTAIN CRACKERS

PRIMAL KITCHEN FOODS
CHIPOTLE LIME MAYO

+

PALEO FLOUR TORTILLAS

TAPENADE

+

POTATO CHIPS

TAHINI

+

POTATO CHIPS

TAHINI

+

CUCUMBER SLICES

BABA GHANOUSH

+

CHERRY TOMATOES

PALEO MAYO

½ cup Extra Virgin Olive Oil
½ cup Avocado Oil
1 Tbsp Lemon Juice
½ Tbsp Apple Cider Vinegar
1 Tbsp Dijon Mustard
2 egg yolks

1. Combine olive oil and avocado oil in a measuring cup (or other good vessel for controlled pouring).

2. Place lemon juice, vinegar, mustard and egg yolks in food processor or blender. Process until creamy (maybe 15 seconds?).

3. With blender or food processor still running, VERY slowly dribble in the oil (think of it taking at least 3 minutes to add in all of the oil). It should stay thick and gradually get lighter and lighter (and look more and more like mayonnaise) as you add the oil.

4. I typically like to pour out my mayonnaise into a bowl and whip it by hand with a whisk at the end just to make sure all the oil is well incorporated (if you have a really good food processor, you probably won't need to do this). You now have paleo mayo!!!

PALEO RANCH

½ cup Paleo Mayo
2 Tbsp Creamed Coconut diluted into
4 Tbsp hot water, cooled
1 Tbsp fresh oregano, chopped
1 Tbsp fresh parsley, chopped
½ tsp Garlic Powder
½ tsp fresh thyme
¼ tsp Salt
1/8 tsp ground Pepper

1. Add diluted creamed coconut and spices to a small food processor or blender. Process until smooth. Chill in the fridge if there is any residual heat from diluting the creamed coconut.
2. Stir in Paleo Mayo. Enjoy as a salad dressing or veggie dip!

HEARTIER FARE

These are the sort of snacks we can happily put in our kids' lunch boxes, knowing they'll be satisfied through their after-school practice. They're also perfect for an on-the-go breakfast or mid-afternoon pick-me-up! Some require refrigeration, so they're best kept at home, work or school (not in between)!

+ Baked Egg "Muffins"
+ Deviled eggs with homemade or Primal Kitchen Mayo
+ Meatballs
+ Chicken Wings
+ Baked Spiced Sweet potato
+ Thai Beef Lettuce Wraps
+ Cassava Fries
+ Paleo French Fries
+ Zucchini Fries

BAKED EGG "MUFFINS"

DEVILED EGGS WITH HOMEMADE OR PRIMAL KITCHEN MAYO

MEATBALLS

CHICKEN WINGS

BAKED SPICED SWEET POTATOES

THAI BEEF LETTUCE WRAP

ZUCCHINI FRIES

CASSAVA OVEN FRIES

PALEO FRENCH FRIES

PALEO FLOUR TORTILLAS

PREP TIME	COOK TIME	SERVES
15 minutes	25 minutes	8

1 1/2 cups cassava flour
3/4 tsp salt
1/4 tsp cream of tartar
1/8 tsp baking soda
3/4 cups warm water
6 Tbsp extra virgin olive oil or avocado oil

1. Combine flour, salt, cream of tartar and baking soda in a mixing bowl. Add oil and water and mix with a wooden spoon or your hands until a stiff dough forms. If dough is sticky, use a bit more flour. If the dough is crumbly, add a bit more olive oil.

2. Divide dough in half, then in half again to create 8 fairly equal portions. Form each piece into a ball.

3. Place one dough ball at a time on a silicone baker's mat, parchment paper or wax paper and flatten with the palm of your hand as much as possible. Cover flattened dough with a sheet of parchment paper or wax paper. Roll dough into a very flat rough circle, about 8-10 inches in diameter. Carefully remove the bottom silicone mat or parchment paper, so the rolled-out tortilla is stuck to one piece of parchment paper or wax paper. Set aside and roll out the remaining dough balls (when they're stuck to parchment or wax paper, you can easily stack them in preparation for cooking).

4. Preheat a 10" or larger skillet (a well-seasoned cast iron or enameled cast iron pan works well) over medium heat (medium-high heat if using a stainless steel pan).

5. When pan is hot, peel one rolled-out raw tortilla off its parchment or wax paper and place into pan. Cook about 1 minute or until bottom surface has a few pale brown spots. The top surface will begin to show a few little bubbles. Flip and cook for about 30-45 seconds. [Ideally, the tortillas will be soft with a few small pale golden brown spots on surface. If tortilla is browning too fast, reduced heat a bit. If it's taking longer than a minute to see a few pale golden brown spots on underside of tortillas, increase heat a bit.] Remove from pan with tongs and stack in a covered container until all tortillas are cooked.

6. Serve warm or allow to cool for later use. Store in an airtight container or resealable plastic bag at at room temperature for 24 hours or can be frozen indefinitely. To freeze, separate tortillas with parchment paper or waxed paper and place in a zippered bag before placing in freezer.

SWEET SNACKS

Most of us love a great sweet snack from time to time. Keeping lower-sugar options on hand (or making your own desserts!) is a great way to avoid the temptation of that gas station candy bar. When looking for chocolate, I choose something over 75% cacao, which usually equates to a lower sugar content (and higher fat content, which is more satisfying, anyway!).

+ Dark chocolate chips
+ Coconut milk yogurt/kefir
+ PaleoNola
+ Eating Evolved Coconut Butter Cups
+ Eating Evolved Dark Chocolate
+ Pure 7 Chocolate
+ Taza Chocolate
+ Simple Mills Chocolate Muffin Mix
+ Simple Mills Pumpkin Muffin Mix
+ Sweet Apricity Caramels
+ Power Balls
+ Paleo Treats

FULL-FAT COCONUT MILK

+

FROZEN BERRIES

+

MELTED CHOCOLATE

COCONUT MILK YOGURT OR KEFIR FROZEN

+

BERRIES

+

COCONUT FLAKES

COCONUT MILK KEFIR

+

PALEO GRANOLA

ON THE GO SWEET SNACKS

EATING EVOLVED COCONUT BUTTER CUPS

EATING EVOLVED DARK CHOCOLATE

PURE 7 CHOCOLATE

TAZA CHOCOLATE

SIMPLE MILLS CHOCOLATE MIXES

RICKAROONS

SWEET APRICITY

PALEO ANGEL POWER BALLS

PALEO TREATS

PALEO MONKEY BARS

PREP TIME	COOK TIME	SERVES
15 minutes	25 minutes	8

2 large overripe bananas (ideally so ripe you are thinking about tossing them in the compost)
1/2 cup crunchy almond butter
3 eggs
1/4 cup extra virgin coconut oil, melted
1 cup almond meal (you could use blanched almond flour instead)
3 Tbsp coconut flour (measure after sifting)
1/2 tsp baking soda
1/4 tsp salt
1/3 cup mini chocolate chips (I like Enjoy Life brand)

Optional Topping:
1 oz dark chocolate (I used 80% Equal Exchange chocolate)
1/2 Tbsp butter, lard, coconut oil, palm shortening or ghee (I would only suggest using coconut oil if your interior temperature is less that 74F)

1. Preheat oven to 350F. Grease a 9"x13" baking pan with coconut oil, palm shortening, lard or butter (or use a silicone pan and skip the greasing).

2. Peel bananas and mash with a fork until mushy and smooth. Add eggs, coconut oil, almond butter, almond meal, coconut flour, baking soda, and salt. Mix thoroughly to form a batter. Fold in chocolate chips.

3. Pour batter into prepared baking sheet, and spread batter out evenly with a spatula or spoon.

4. Bake for 17-18 minutes. Let cool. Cut into squares.

5. If you are going to do the chocolate drizzle, simply melt chocolate and your chosen fat together. Use a spoon to drizzle over the top. You can let the drizzle harden at room temperature or pop it in the fridge if you're feeling impatient (I cut squares before drizzling, but you don't have to).

AIP ON-THE-GO

AIP snacking is simple when you have a list of go-to staples! My own AIP snacks usually consist of protein, veggies or fruit and a bit of fat—it's like a full-fledged mini-meal! Many of the snacks below, like EPIC Bars and PowerBalls, check most of these boxes for you. If they don't try some of the combinations below to make your own!

+ EPIC Pork Cracklins
+ EPIC Bars - Bacon, Bison Bacon Cranberry
+ EPIC Bars - Beef Apple Bacon flavor
+ EPIC Bars - Uncured Bacon Flavor
+ EPIC Bites - Salmon
+ EPIC Bites - Uncured Bacon
+ Canned Wild Salmon
+ Canned Wild Sardines
+ Canned Wild Tuna
+ Canned Smoked Oysters
+ Canned Smoked Baby Clams
+ Whole fruit - bananas, apples, pears, oranges
+ Carrot sticks
+ Celery Sticks
+ SeaSnax
+ Sauerkraut
+ Naturally-fermented pickles
+ Olives
+ Nature's All Foods Freeze-Dried Fruit
+ Coconut Butter (aka Coconut Manna)
+ Dang Coconut Chips
+ Sweet Potato Chips
+ Plantain Chips
+ Sweet Apricity
+ Power Balls
+ Pure coconut wraps (original)
+ Wild Zora Meat & Veggie Bars
+ Gold mine - Raw Kelp Noodles

EPIC BITES - UNCURED BACON

EPIC PORK CRACKLINS

EPIC BARS - UNCURED BACON FLAVOR

EPIC BARS: BACON, BISON BACON CRANBERRY

EPIC BARS - BEEF APPLE BACO N FLAVOR

EPIC BITES - SALMON

CANNED WILD TUNA

CANNED WILD SALMON

CANNED WILD SARDINES

CANNED SMOKED OYSTERS

CANNED SMOKED BABY CLAMS

GOLD MINE - RAW KELP NOODLES

WHOLE FRUIT

CARROT STICKS

CELERY STICKS

SEASNAX

SAUERKRAUT

NATURALLY-FERMENTED PICKLES

OLIVES

PLANTAIN CHIPS

NATURE'S ALL FOODS FREEZE-DRIED FRUIT

COCONUT BUTTER (AKA COCONUT MANNA)

DANG COCONUT CHIPS

SUN DRIED MIXED FRUIT

CASSAVA STRIPS

SWEET POTATO CHIPS

BARE - ORGANIC CRUNCHY APPLE CHIPS

PLANTAIN STRIPS

SWEET APRICITY CARAMELS

PALEO ANGEL POWER BALLS

PURE COCONUT WRAPS (ORIGINAL)

WILD ZORA MEAT & VEGGIE BARS

AIP AT HOME

AIP snacking is simple when you have a list of go-to staples! My own AIP snacks usually consist of protein, veggies or fruit and a bit of fat—it's like a full-fledged mini-meal! Many of the snacks below, like EPIC Bars and PowerBalls, check most of these boxes for you. If they don't try some of the combinations below to make your own!

+ Bacon-Wrapped Spiced Pumpkin
+ Liver Paté
+ Beet and Kohlrabi Greens Chips
+ Berry Terrine
+ Thai Beef L ettuce Wraps https
+ Paleo French Fries (AIP)
+ Har Gow-Inspired Shrimp Balls
+ Plantain Crackers (Nut-free, Egg-free)
+ Zucchini Fries
+ Cassava Oven Fries
+ Paleo French Fries
+ Coconut Yogurt/Kefir

AIP MORNING SMOOTHIE

LIVER PATE

PLANTAIN CRACKERS

KALE CHIPS

BACON-WRAPPED SPICED PUMPKIN

BEET AND KOHLRABI GREENS CHIPS

HAR GOW-INSPIRED SHRIMP BALLS

THAI BEEF LETTUCE WRAPS

BERRY TERRINE

ZUCCHINI FRIES

CASSAVA OVEN FRIES

PALEO FRENCH FRIES

COCONUT MILK/YOGURT/ KEFIR

+

FROZEN BERRIES

FROZEN GRAPES

FROZEN BANANAS

COCONUT YOGURT/KEFIR

AIP MORNING SMOOTHIE

PREP TIME	COOK TIME	SERVES
5 minutes	None	1

1/2 banana
1/4 avocado
1 cup vegetable juice (homemade or store-bought) or water, chilled
2 to 3 cups fresh leafy greens (spinach, kale, lettuce, baby collards, etc.)
1 -2 scoops Vital Proteins Collagen Peptides

1. Place all the ingredients except the protein powder in a blender and blend on high for 1 to 2 minutes, until smooth.
2. Add the protein powder and pulse to incorporate.

NOTES:

It's important to note that collagen peptides don't contain the complete amino acid profile you would get from meat. That means I wouldn't recommend you use them as your only source of protein. However, when you're looking for a boost of protein in the morning, I think they're absolutely perfect!