

Ultimate Paleo Snack Guide

Snacking on a paleo diet doesn't have to be boring or repetitive. With a little prep and the right pantry staples, you can enjoy nutrient-dense, flavorful snacks that support your health goals and keep you satisfied between meals.

Meal Prep Tips

Meal Prep Tips for Smarter Snacking:

- Batch-cook snacks like energy balls or kale chips on Sundays.
- Keep grab-and-go options like hard-boiled eggs or jerky in the fridge.
- Portion nuts or trail mix into individual containers to avoid over-snacking.
- Freeze fruit and coconut cream mix-ins for quick sweet cravings.
- Always carry a snack in your bag - a little planning goes a long way!

Top Paleo Snacks

- Hard-Boiled Eggs

Simple, quick, and packed with protein. Add herbs or spices for variety.

- Nut Butter with Apple or Banana

Creamy almond or cashew butter paired with fruit for a quick fix.

- Paleo Granola Bars

Homemade bars with nuts, seeds, dates, and coconut oil.

- Chia Seed Pudding

A great make-ahead snack with almond milk and fresh berries.

- Kale Chips

Crunchy, salty, and easy to bake at home with olive oil and sea salt.

- Veggie Sticks with Guacamole or Hummus

Crisp and fresh, perfect for dipping.

- Mixed Nuts & Seeds

A handful of almonds, cashews, pumpkin seeds, or walnuts to fuel your day.

- Fresh Berries with Coconut Cream

Naturally sweet and perfect as a treat.

- Sliced Turkey or Chicken Wraps

Wrapped in lettuce with avocado or mustard.

- Olives & Pickles

Savory and satisfying with beneficial fats.

- Fruit & Nut Trail Mix

Unsweetened dried fruit mixed with raw nuts and coconut flakes.

- Avocado with Sea Salt

Spoon it straight from the skin or top with lemon.