

Late Night Snack List



A balanced late-night snack includes both a source of protein and a source of complex carbohydrates. Here are some ideas to get you started on your late night snacks

Tuna Salad Sandwich - A tuna salad sandwich made with a small tin of tuna, 2 slices of whole wheat bread, mustard, and vegetables of your choice

Hard Boiled Eggs, Cucumbers and Cheese - 2 hard boiled eggs, a few cucumber slices, and 30 grams of sliced cheese

Veggies, Crackers and Hummus - 1 cup sliced vegetables of your choice, 5-10 whole wheat crackers, and a 1/2 cup hummus

Edamame - 1 cup steamed edamame paired with a cup of skim milk to drink

Chocolate Peanut Butter Smoothie - A smoothie made with 1 banana, 1 cup skim milk, 1 tbsp cocoa, 1 tbsp peanut butter and 1 tbsp whey protein OR 1/2 cup vanilla greek yogurt

Greek Yogurt Parfait - 3/4 cup greek style yogurt, 1 cup fresh fruit, 2 tbsp hemp seeds with 1 tsp honey drizzled on top

Meal Replacement or Protein Bar - A great option if you are pressed for time!

Bowl of Cereal - 1 cup of high protein cereal with 1 cup of skim milk

Peanut Butter and Jelly Sandwich - 2 slices of whole wheat toast, with 2 tbsp of peanut butter and 1 tbsp of jam

Apple Slices and Peanut Butter - 1 sliced apple with 2 tbsp of peanut butter

Sliced Banana and Cottage Cheese - 1 sliced banana with 1 cup of cottage cheese

Trail Mix - 1/4 cup of a trail mix with 1 cup of skim milk to drink

Popcorn - 2-3 cups of air popped popcorn with 1 cup of skim milk to drink