



**FITLUD**  
FITNESS MOTIVATION GURU



# **"THE DIET DETOX"** **SNACK ATTACK GUIDE**

**DID I MENTION WINE IS AN OPTION?**

# SAVORY SNACKS

Use these guilt free snacks in Phase 5 of your program (week 5 only) to curb snack attacks. All servings are for 1 unless otherwise indicated

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## EDAMAME TOPPERS

### Ingredients

1/2 bag frozen shelled edamame  
2 spoonfuls olive oil, divided  
1 spoonful mint, chopped  
3 spoonfuls grated parmesan cheese  
pinch of sea salt  
pinch black pepper  
4 brown rice cakes  
1 Bartlett pear, peeled and diced (or green apple)  
Cook edamame in salted boiling water for about 8 minutes. Blitz the cooked edamame with mint, oil, cheese and seasoning in a blender or food processor and then spread over rice cakes. Top with diced pear or apple. This makes 2 servings.



# HEARTY HUMMUS WRAP

\*Hummus recipe on next page

## Ingredients

3 spoonfuls of hummus  
1 whole wheat tortilla, 6"  
handful of spinach  
1 spoonful of olives

Spread hummus on tortilla sprinkle with olives, top with spinach and roll up.

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## VEGGIE BITES

### Ingredients

coconut cooking spray  
1 cup "ish" broccoli , cooked and chopped  
1/4 cup "ish" grated parmesan cheese  
1 egg  
2 spoonfuls crushed pita chips  
pinch of sea salt and pepper

Preheat oven to 350 degrees. Spritz mini muffin tin with coconut spray. Combine cooked broccoli, cheese, pita chips, and egg in a blender or food processor until everything is well combined. Spoon mixture into mini muffin tin. Bake at 350 degrees for 12-15 minutes. Makes 2 servings.



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# HEARTY HUMMUS

## Ingredients

- 1 can chickpeas
- 1/2 lemon squeezed
- 1 spoonful tahini paste
- 3 spoonfulls of olive oil
- 2 spoonfuls of water
- 1 garlic clove, chopped
- 1 big pinch of cumin
- 1 big pinch of sea salt and pepper

Place all ingredient in a blender or food processor and blitz until smooth. You can drizzle a bit more olive oil and and sprinkle with paprika if desired.

Makes FOUR servings.

[Click here for my visual Youtube recipe](#)

# COTTAGE CHEESE PLEASE

## Ingredients

- 2 cherry tomatoes, halved
- 1/2 cup "ish" cottage cheese, low fat
- 1 spoonful walnuts, chopped
- pinch of pepper

Combine all ingredients in a bowl and enjoy.



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# PB PUMPKIN DIP

## Ingredients

1/2 cup "ish" pumpkin  
1/4 cup "ish" plain non-fat Greek yogurt  
3 big spoonfuls peanut flour (or PB2)  
2 spoonfuls baking stevia  
pinch of sea salt  
2 pinches of cinnamon  
pinch of pumpkin pie spice  
pinch of clove (optional)

Place all ingredients in a small bowl. Stir until smooth and creamy. Keep refrigerated and serve chilled. Serve with 2-3 green apple slices or eat alone with a spoon!  
Makes 2 servings.

# SWEET SNACKS

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## ALMOND JOY

### Ingredients

2 spoonfuls of almond butter  
1 spoonful dried apricots, chopped  
1 spoonful coconut, shredded and unsweetened  
1 rice cake, salted

Heat almond butter for 45 seconds in microwave.  
Add apricots and coconut, spread on rice cake.



# PROTEIN PACKED PEARS

## Ingredients

1 ripe pear

1 small spoonful honey or maple syrup

1/2 spoonful cinnamon

1 cup "ish" non-fat Greek yogurt

1/2 cup granola (low sugar variety = less than 6 grams of sugar per serving)

extra pinch of cinnamon for boiling water

Peel pear and cut in half. Remove stem, core out center of each half. In a small saucepan, bring to a boil 2 cups water, pinch of cinnamon and honey, When mixture is boiling, slide in pears and reduce to a simmer. Simmer on low covered for 8 minutes or until pears are tender. Remove pears and set aside to cool.

Mix greek yogurt with cinnamon. Spoon onto plate, top with pears and granola. Makes 2 servings

# PUMPKIN COOKIES

## Ingredients

2 cups quick oats(may use gluten free)

1/2 cup pumpkin (not pumpkin pie filling)

1/2 cup unsweetened applesauce

1/4 cup granulated sweetener of choice\* (I use a stevia blend)

1 small spoonful Cinnamon

2 big spoonfuls nut butter of choice

Preheat the oven to 350 degrees.

In a large mixing bowl, combine the oats, pumpkin, applesauce and granulated sweetener. Add 2 tablespoons or so of your favorite nut butter. Form into small balls and place on the baking tray and press each ball into a cookie shape. Sprinkle lightly with a bit more cinnamon and bake for 12-15 minutes, depending on desired consistency.

Remove and allow to cool completely. Enjoy only two for a snack. Store the rest.

# "CHOCOLATE" AVOCADO ICE CREAM

## Ingredients

1 avocado

1 cup ish coconut milk

1 pinch sea salt

1.2 spoon of vanilla extract

4 scoops of Arbonne Chocolate Protein powder or other plant based protein powder

Blend in food processor or blender and then freeze for at least 30 minutes.

[Click here for my visual Youtube recipe](#)

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## PB BITES

### Ingredients

1/2 cup "ish" Peanut or Almond Butter

1/4 cup "ish" honey

1/4 cup "ish" Arbonne protein powder (vanilla or chocolate) or any other plant based protein powder

1 cup "ish" uncooked oats.

Mix all together and make into 1 inch balls. Additional water can be added if necessary. Store in the refrigerator or freezer. Only eat 2.

# SWEETLY SPICED POPCORN

## Ingredients

2 cups "ish" air popped popcorn

1/2 spoonful cinnamon

1/4 spoonful ground ginger

Pinch fresh nutmeg

Coconut oil spray

1 small spoonful maple syrup

Optional: 1/4 teaspoon salt -

Spritz the popcorn with spray. Sprinkle half the spice mixture over the popcorn and shake in bag vigorously. Add the maple syrup and shake again. Taste and then add more spices if needed. Eat 2 cups "ish" for a snack.

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## ADULT BEVERAGES

You may replace your snack in Phase 5 for:

- 1 glass of red or white wine (6 ounces max)
- 1 light Beer
- 1 liquor drink (mixed with a zero sugar/zero calorie tonic water)

