

ALDI SNACK GUIDE

ANEW Well Sports Nutrition



DIETITIAN TIP

If shopping for one week, choose a minimum of three fruits and three vegetables plus three to five options from the protein/fat list. Crunch options can be subbed for fruit/vegetables, but focus on fruit/vegetable snacks whenever possible. Always pair fruits/vegetable or crunch with protein and/or fat.

SNACK COMBOS

STEP 1: PICK 1 FRUIT OR VEGETABLE

1 Apple	1 cup Strawberries	1 cup Cucumber Sticks	1 cup Broccoli Florets
2 Clementines	1 cup Blueberries	1 cup Bell Pepper Slices	1 cup Cauliflower Florets
1 Orange	1 cup Grapes	1 cup Mini Peppers	1 cup Cherry Tomatoes
1 Banana	1 Pear	1 cup Carrot Sticks	1 cup Celery Sticks

STEP 2: PICK A PROTEIN OR FAT

1 Gouda Cheese Stick	1 tbsp Peanut Butter or Almond Butter
1/4 cup Hummus	1/4 cup Roasted Almonds (or favorite roasted nut)
1 container Friendly Farms Skyr	1/4 cup Roasted Pumpkin Seeds
2 tbsp Chocolate Hummus	1 oz sliced Sharp Cheddar

OPTIONAL CRUNCH (PAIR WITH PROTEIN OR FAT) <200 calories/serving

1 serving Simply Nature Green Pea Crisps	1 serving Savoritz Thin Wheat Crackers
1 serving Black Bean Corn Chips	2 cups Simply Nature Black Pepper Popcorn
2 cups Simply Nature Sea Salt Popcorn	1 serving Clancy's Everything Pretzel Thins
1 serving Sweet Potato Chips	1 serving Simply Nature Cheddar Puffs

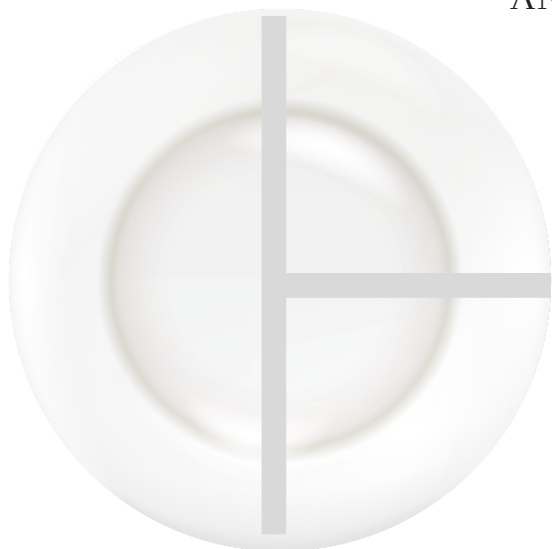
SINGLE OPTION SNACK PICKS

Elevation Pure and Simple Bars
Friendly Farms Skyr
On-the-Go Trail Mix Packs

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What does it mean to "cross the plate"?

The plate to the left is divided into three parts - 1/2 is fruits and vegetables, 1/4 is whole grains and starches, and 1/4 is protein. When you "cross the plate" you combine food groups to create a satisfying and filling snack or meal. Each snack example below shows you how to cross the plate.

SNACK BOX

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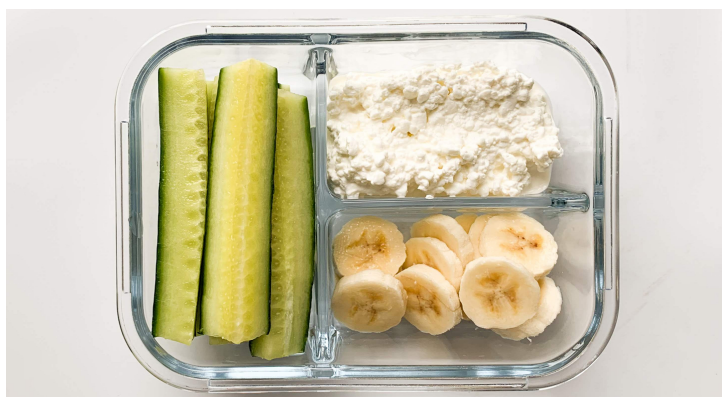
ORANGE BOX

- 1 cup sweet potato chips
- 2 clementines
- 1 oz cheddar cheese
- 1/2 cup sliced cucumber



PRODUCE BOX

- 1 cup grapes
- 8-10 cucumber sticks
- 1 oz cheddar cheese
- 1 tbsp roasted pumpkin seeds



PROTEIN BOX

- 1 cup cottage cheese
- 1 sliced banana
- 8-10 cucumber sticks
- (add maple syrup and/or nuts to cottage cheese if desired)