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MICHELLE SMITH

WELLNESS

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# HEALTHY SNACKS FOR KIDS:

## *Simple Ideas* for Busy Moms

Simple, protein-rich snack ideas  
for kids and adults



REAL FOOD.  
REAL LIFE.  
REAL SIMPLE.



NOURISHING SNACKS. • HAPPIER KIDS. • LESS STRESS.

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## WELLNESS

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*Welcome!*



### I'M SO GLAD YOU'RE HERE.

As a mom and board certified Health & Wellness Coach, I know how challenging it can be to keep healthy options available when life gets busy.

Between work, family responsibilities, sports practices, errands, and everything else on your plate, it can feel overwhelming to provide nourishing foods that are both convenient and realistic.

That's exactly why I created this guide.

Inside, you'll find simple snack ideas, practical strategies, and family-friendly options that can help take some of the guesswork out of healthy eating.



My philosophy is simple:  
**HEALTHY HABITS DON'T HAVE TO BE  
PERFECT TO MAKE A DIFFERENCE.**

Small, consistent choices can have a powerful impact on how you and your family feel every day.

I hope these ideas help you simplify snack time, reduce stress, and feel more confident in your family's wellness journey.

To your health,

*Michelle Smith*

MICHELLE SMITH  
Michelle Smith Wellness



# MICHELLE SMITH

WELLNESS

## My **BALANCED** SNACK FORMULA

A simple formula to help you build snacks that satisfy, support energy, and keep you feeling your best.



### REAL LIFE EXAMPLES



Apple Slices  
+  
Cheese  
+  
Almonds



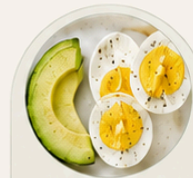
Cucumber  
+  
Hummus  
+  
Cherry Tomatoes



Turkey Roll-Ups  
+  
Grapes  
+  
Mixed Nuts



Greek Yogurt  
+  
Berries  
+  
Chia Seeds



Hard-Boiled Egg  
+  
Avocado  
+  
Everything Seasoning



*Ask yourself:*

Can I add:  PROTEIN?  PRODUCE?  HEALTHY FAT?

If I have at least **two of the three**, I'm on the right track!



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# GRAB-AND-GO

## Store-Bought Snacks

Healthy options for busy days when life doesn't go as planned.

### PROTEIN-PACKED FAVORITES

Help support steady energy and keep you full longer.

- ✓ Chomps Beef Sticks
- ✓ The New Primal Snack Mates Beef Sticks
- ✓ Aloha Protein Bars
- ✓ RX Bars
- ✓ Cheese Sticks (if dairy is tolerated)
- ✓ Hard-Boiled Eggs
- ✓ Deli Turkey or Chicken Roll-Ups
- ✓ Cashews
- ✓ Almonds
- ✓ Individual Guacamole Cups



### CRUNCHY FAVORITES

Crunchy, satisfying options without the junk.

- ✓ Siete Tortilla Chips
- ✓ Simple Mills Crackers
- ✓ Lesser Evil Popcorn
- ✓ Jackson's Sweet Potato Chips
- ✓ Roasted Seaweed Snacks
- ✓ Sliced Cucumbers
- ✓ Bell Pepper Strips
- ✓ Carrot Sticks
- ✓ Celery Sticks
- ✓ Snap Peas



### FRUIT & FIBER FAVORITES

Nourishing choices to support energy and digestion.

- ✓ Apples
- ✓ Berries
- ✓ Grapes
- ✓ Clementines
- ✓ That's It® Fruit Bars
- ✓ Unsweetened Applesauce Pouches
- ✓ Freeze-Dried Fruit



### SWEET TREAT ALTERNATIVES

Satisfy your sweet tooth with better options.

- ✓ Hu Chocolate
- ✓ Unreal Dark Chocolate Coconut Bars
- ✓ Date-Based Energy Bites
- ✓ Homemade Protein Balls
- ✓ Dark Chocolate Covered Almonds



### MICHELLE'S REAL-LIFE TIP

A healthy snack doesn't have to be complicated. Pair a protein, a produce item, and a healthy fat whenever possible. If all three aren't available, choose the best option you have and keep moving forward.

**Consistency beats perfection every time.**



### MY FAVORITE STORES



Look for these options at your local stores or online retailers.





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# The KID SNACK BIN SYSTEM

A simple way to encourage independence while keeping healthy choices easy.



Healthy choices start with options that are easy to grab!



GREEN BIN

*Eat Anytime*



- ✓ Cucumbers
- ✓ Berries
- ✓ Apples
- ✓ Clementines
- ✓ Snap Peas
- ✓ Baby Carrots
- ✓ Melon
- ✓ Grapes



YELLOW BIN

*Choose One*



- ✓ Chomps
- ✓ Aloha Bars
- ✓ Cheese Sticks
- ✓ Applesauce Pouches
- ✓ That's It Bars
- ✓ Nuts
- ✓ Trail Mix
- ✓ Simple Mills Crackers
- ✓ Seaweed Snacks



RED BIN

*Ask First*



- ✓ Chocolate
  - ✓ Desserts
  - ✓ Chips
  - ✓ Ice Cream
- (Enjoy in moderation)

## Michelle's Mom Hack



Spend 15 minutes each week washing fruit, cutting veggies, and refilling snack bins.

When healthy choices are ready to grab, everyone wins.

## Family Challenge

Can your child build a snack with **at least two of these?**



# Sports Night Survival Guide

Prepared moms raise healthy, confident kids.

Quick snacks and meals to keep your family fueled before, during, and after activities.



## BEFORE PRACTICE

30-60 Minutes Before  
Choose a snack that provides energy without feeling too heavy.



Banana + Almond Butter



Cheese Stick + Apple



Hard-Boiled Eggs + Berries



Aloha Bar



Turkey Roll-Up + Grapes



## DURING LONG EVENTS

Keep these in your bag or cooler:

- ✓ Water
- ✓ Grapes
- ✓ Clementines
- ✓ Applesauce Pouches
- ✓ Chomps
- ✓ Nuts
- ✓ Seaweed Snacks



## REFUEL & RECOVER

Focus on protein plus carbohydrates to help replenish energy.



Protein Smoothie



Leftover Chicken + Fruit



Chicken Rice Bowl



Taco Bowl



Hard-Boiled Eggs + Fruit



## Real Life Tip

Not every sports night will be perfect. Focus on having a few nourishing options available rather than striving for perfection.



# Michelle's Favorite Homemade Snacks

Simple recipes that are family-approved,  
protein-packed, and easy to prepare.



★  
Michelle's  
Most  
Requested  
Recipe!  
♡

## 1 Paleo Protein Balls

### INGREDIENTS

- 1 cup almond flour
- ½ cup natural almond butter
- ¼ cup raw honey
- 1 scoop vanilla protein powder
- 2 Tbsp. chia seeds
- 2 Tbsp. ground flaxseed
- ½ tsp. vanilla extract
- ¼ tsp. sea salt
- ¼ cup mini dark chocolate chips

### DIRECTIONS

In a large bowl, mix all ingredients until well combined. Roll into 1-inch balls and place on a tray. Refrigerate for 20–30 minutes to set. Store in an airtight container in the fridge.

### STORAGE TIP

Store in the fridge for up to 1 week or freeze for up to 3 months.

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## Berry Protein Smoothie

### INGREDIENTS

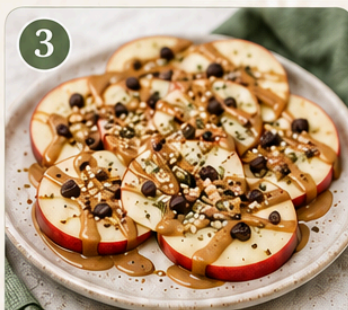
- ½ cup frozen mixed berries
- ½ banana
- Handful of spinach
- ½ cup unsweetened coconut milk
- ¼ avocado
- 1 scoop vanilla protein powder
- Ice as needed



### DIRECTIONS

Add all ingredients to a blender. Blend until smooth and creamy. Pour into a cup and enjoy!

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## Apple Nachos

### INGREDIENTS

- 1 apple, sliced
- 2 Tbsp. almond or sunflower seed butter
- 1 tsp. chia seeds
- 1 tsp. hemp seeds
- Dash of cinnamon
- Optional: mini dark chocolate chips



### DIRECTIONS

Arrange apple slices on a plate. Drizzle with nut butter and sprinkle with seeds, cinnamon, and chocolate chips if using. Enjoy!

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## DIY Trail Mix

### INGREDIENTS

- 1 cup raw almonds
- 1 cup cashews
- ½ cup pumpkin seeds
- ½ cup coconut flakes
- ½ cup dried cranberries or raisins
- Optional: dark chocolate chips or cacao nibs



### DIRECTIONS

Mix all ingredients in a large bowl. Store in an airtight container or mason jar. Portion into snack-sized bags for grab-and-go!

Michelle's  
Tip  
♡

Homemade snacks don't need to be complicated.

Start with one recipe your family enjoys and make it part of your weekly routine.





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# My Sunday Snack Prep System

A little prep on Sunday sets your family up for healthy, stress-free snacking all week long.



## Why I Prep on Sundays

- It saves time and reduces stress during busy weekdays.
- We have healthy options ready to go – no last-minute decisions.
- My kids are better fueled, focused, and happier!



### STEP 1 Wash Fruit



- Wash all berries, grapes, and fruit.
- Pat dry and store in glass containers with a paper towel to keep fresh.
- Cut larger fruit like melon or pineapple.

### STEP 2 Cut Vegetables



- Wash and cut veggies into kid-friendly sticks or slices.
- Store in containers with a paper towel to keep crisp.
- Favorites: cucumbers, carrots, peppers, snap peas, cherry tomatoes.

### STEP 3 Prep Protein



- Hard-boil eggs and peel.
- Portion deli meat, cheese, or rotisserie chicken.
- Make a batch of protein balls or egg muffins for grab-and-go.

### STEP 4 Fill Snack Bins



- Stock your Green Bin (fruits & veggies) and Yellow Bin (proteins & extras).
- Keep them front and center in the fridge for easy access.
- Kids can grab their own balanced snacks!

### STEP 5 Pack Grab-and-Go Options



- Pack individual snacks for sports bags, cars, and on-the-go moments.
- Use reusable bags, small containers, and ice packs when needed.
- Keep a stash in the car for unexpected hunger or delays.

*Prepared moms raise healthy, confident kids.*

### Michelle's 30-Minute Snack Prep Checklist

- Wash all fruit
- Slice vegetables
- Hard-boil eggs
- Portion protein (meat, cheese, etc.)
- Make protein balls or egg muffins
- Portion nuts and other extras
- Fill Green Bin
- Fill Yellow Bin
- Pack grab-and-go options
- Restock sports bag & car stash

### Time-Saving Tips

- Prep once, enjoy all week!** Most fruits and veggies stay fresh for 4–5 days.
- Use clear containers.** It keeps everything visible and makes it more likely to get eaten!
- Freeze extras.** Freeze protein balls, smoothies, or muffins for busy days.
- Involve your kids.** Let them help wash, pack, and choose their favorites.



A little prep today makes a big difference all week long.

# Weekly Snack PLANNING BOARD



A little planning today makes healthy choices easier tomorrow. ♡

*Monday*

Snack 1  
\_\_\_\_\_

Snack 2  
\_\_\_\_\_

*Tuesday*

Snack 1  
\_\_\_\_\_

Snack 2  
\_\_\_\_\_

*Wednesday*

Snack 1  
\_\_\_\_\_

Snack 2  
\_\_\_\_\_

*Thursday*

Snack 1  
\_\_\_\_\_

Snack 2  
\_\_\_\_\_

*Friday*

Snack 1  
\_\_\_\_\_

Snack 2  
\_\_\_\_\_

*Saturday*

Snack 1  
\_\_\_\_\_

Snack 2  
\_\_\_\_\_

*Sunday*

Snack 1  
\_\_\_\_\_

Snack 2  
\_\_\_\_\_

### Grocery List

PROTEIN	PRODUCE	HEALTHY FATS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Plan it. Prep it. Enjoy it.* ♡

*Michelle's Planning Tip*

Choose 3-5 favorite snacks each week and rotate them.

Healthy eating becomes much easier when you simplify your choices.



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# Ready for More Support?



Thank you for downloading *Healthy Paleo Snacks for Busy Moms*.

My hope is that this guide helps simplify healthy eating and gives you practical tools that fit real life.



 Remember: *consistency* matters more than perfection.



## The Wellness Reset

45-MINUTE COACHING SESSION



A personalized 1:1 session to help you create simple, sustainable wellness habits that fit your real life.



**REVIEW YOUR CURRENT HABITS**  
We'll look at what's working and what's not.



**IDENTIFY YOUR BIGGEST OBSTACLES**  
Get clarity on what's standing in your way.



**CREATE PRACTICAL NEXT STEPS**  
Leave with an action plan you can start today.



**SUSTAINABLE SOLUTIONS**  
Realistic strategies for long-term success.

*You don't have to do this alone.*



If you're ready to feel better, have more energy, and create a healthier life for you and your family, I'd love to support you.



*Book Your*  
**Wellness Reset!**



[michellesmithwellness.com](http://michellesmithwellness.com)

