

PALEO SNACKS

www.themodernpaleo.com

Carrots
Dill pickles
Kale chips
Plantain chips
Pork rinds
Roasted nuts + seeds

CRUNCHY

Almond butter + Fruit
Applesauce
Fresh bananas
Full-fat yogurt
Guacamole + Veggies
Hard boiled eggs

CREAMY

Beef jerky
Canned tuna
Deli meat + Mustard
Olives
Salami + Pepperoni
Salsa + Bell Peppers
Smoked salmon

SALTY

Dark chocolate bar
Frozen bananas
Hail Merry Tarts
Larabars
Mixed berries

SWEET