



# Metabolism Reset

## Challenge

# Snack Guide

**A Fitness St Pete | Tierra Verde Fitness Guide  
To Eating More, Training Less & Getting the Body YOU Deserve**

[www.fitnessstpete.com](http://www.fitnessstpete.com) | [www.tierraverdefitness.com](http://www.tierraverdefitness.com)

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Fitness St Pete "Metabolism Reset Challenge" is intended for adults 18 years or older

**Real Results For YOUR Over 50 Body, Guaranteed!**



Choose one serving of one of your favorite snacks from the list below to have between meals.

All snacks can be eaten at any time of the day.

If there are a couple snacks you enjoy feel free to rotate between them.

**It is ESSENTIAL that you measure** your seeds, nut butters and count your nuts. These are your fat servings. They are calorically dense and “guestimating” can seriously derail your fat loss.

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1 scoop protein powder  
handful greens  
8 almonds  
1 cup water – combine all ingredients and drink

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¼ avocado – pureed with lemon and cilantro  
2 stalks celery  
½ cup cucumber

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2 tbsp pumpkin seeds  
1 cup steamed broccoli

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1 tbsp natural peanut butter  
10 baby carrots

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1 hard boiled egg  
1 hand full of spinach with ½ cup red pepper, onions, mushrooms – use apple cider vinegar for dressing

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1 tbsp raw almond butter  
1 red pepper, sliced

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1 tsp olive oil  
1 – 1 ½ cup mixed cherry tomatoes and cucumber, chopped – seasoned with salt and pepper  
1 ounce goat cheese, crumbled

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6 grilled shrimp  
½ cup grilled vegetables – zucchini, mushrooms, onions

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5 Strawberries  
15 walnuts

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½ cup Greek Yogurt  
2 tbsp nuts  
½ tsp cinnamon

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½ cup cottage cheese  
4 strawberries, chopped  
1 tbsp pumpkin seeds

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Grain Free Chocolate Chip Cookie (**see recipe**)

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½ cup Greek Yogurt  
1 tbsp chia seeds  
¼ cup blueberries

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16 pistachios  
10 baby carrots

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¼ avocado, pureed with lemon and fresh cilantro  
1 red pepper, sliced

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2 pieces of bacon, cooked  
Small garden salad – use apple cider vinegar as dressing

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15 walnuts  
15 Blueberries

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1-ounce goat's feta cheese, crumbled onto vegetables  
1 cup chopped cucumber, tomato, red pepper  
1 apple

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1 tbsp almond butter  
½ tsp Greens in 1 cup water

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Kale Chips (see recipe)  
2 tbsp pumpkin seeds

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2 bacon wrapped scallops (**see recipe**)  
10 cherry tomatoes

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2 scoops protein powder  
1 cup unsweetened chocolate almond milk  
½ tsp cinnamon

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15 almonds  
1 pear

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