

Snack & Swap Guide



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Part of the Root Cause Reset

Simple swaps to crush cravings, balance energy, and support your hormones



Snacking doesn't have to derail your goals — in fact, the right snack can *stabilize your blood sugar*, help with digestion, and keep cravings from taking over later in the day. This guide gives you quick and realistic swaps for common “go-to” snacks so you can feel full, energized, and satisfied without the crash.

When You Want Something Sweet

Instead of: A granola bar with lots of sugar

Try: A protein shake with unsweetened almond milk + a few berries

- ✓ Keeps blood sugar stable
- ✓ Adds protein to support metabolism
- ✓ Still satisfies your sweet tooth

Instead of: Candy or cookies

Try: A square of dark chocolate (85% or higher) with a handful of almonds

- ✓ Fiber and fat slow down the sugar hit
- ✓ Rich in minerals that support hormone health
- ✓ A treat that doesn't trigger cravings

Instead of: Cookies or cake

Try: A chocolate peanut butter RX bar

- ✓ Still hits that chocolate craving with protein included
- ✓ Easier on blood sugar than traditional sweets
- ✓ Portable and portion-controlled so you don't overdo it

Instead of: Ice cream

Try: Greek yogurt with a drizzle of honey, chopped walnuts, and fresh berries

- ✓ Creamy, crunchy, and naturally sweet without the sugar overload
- ✓ Packed with protein, fiber, and healthy fats to keep you satisfied
- ✓ Supports digestion and hormone balance while still feeling like dessert

Cravings for sweets don't mean you lack willpower — they're often a signal your blood sugar or hormones need more balance. By swapping processed treats for smarter options, you can still enjoy something satisfying without the crash, bloat, or guilt that usually follows. These swaps keep your energy steady, help reduce belly fat, and make it easier to stay consistent long-term.

When You Want Something Salty

Instead of: Chips

Try: A 120-calorie pack of pistachios

- ✓ Naturally salty, crunchy, and satisfying
- ✓ Provides protein and healthy fats to keep cravings away longer
- ✓ Portion-controlled for an easy, grab-and-go snack

Instead of: Pretzels

Try: Turkey slices wrapped around cucumber or bell pepper strips

- ✓ High protein, hydrating crunch
- ✓ Stabilizes hunger
- ✓ Much more nutrient-dense

Instead of: A bag of regular potato chips

Try: Organic corn chips with a 100-calorie pack of guacamole

- ✓ Still gives you that crunchy, salty satisfaction
- ✓ Avocado provides healthy fats and fiber for better satiety
- ✓ Portion-controlled so you enjoy the flavor without going overboard

Instead of: Crackers with cheese or dip

Try: Rice cakes topped with cottage cheese and everything bagel seasoning

- ✓ Crunchy and savory like crackers, but lighter and more balanced
- ✓ Packed with protein to keep you fuller longer
- ✓ Easy to customize with different toppings for variety

When those salty cravings hit, it's easy to grab something straight from a bag or box. But with a little creativity, you can satisfy that craving while still getting in nutrients, fiber, and protein to keep you full. The right swaps give you the crunch and flavor you want, while helping you stay on track with your fat loss and health goals.

When You Want Something Creamy

Instead of: Flavored yogurt

Try: Plain Greek yogurt with chia seeds and a drizzle of honey

- ✓ Protein-packed, no sugar bomb
- ✓ Omega-3s and fiber from chia
- ✓ Nourishes gut health

Instead of: Ice cream

Try: Frozen berries blended with unsweetened coconut milk

- ✓ Refreshing and naturally sweet
- ✓ Gentle on digestion
- ✓ No blood sugar rollercoaster

Instead of: Alfredo pasta

Try: Zucchini noodles with a creamy avocado pesto

- ✓ Still rich and satisfying without the heavy dairy
- ✓ Avocado provides healthy fats that support hormones and satiety
- ✓ Lighter, easier to digest, and won't leave you feeling sluggish

Instead of: Sour cream dip with chips

Try: Hummus with sliced bell peppers and cucumber

- ✓ Creamy and savory without the heavy dairy
- ✓ Adds fiber, vitamins, and minerals to your snack
- ✓ Keeps blood sugar stable while still feeling like a treat

Creamy doesn't have to mean heavy or overly processed. Choosing whole-food swaps that deliver that rich, smooth texture can give you the same comfort while fueling your body in a way that supports your health goals. It's about enjoying that indulgent mouthfeel without the added sugars, preservatives, or ingredients that slow you down.

When You Need Something Grab-and-Go

Instead of: A muffin or pastry

Try: A boiled egg + handful of baby carrots

- ✓ Balanced protein, fat, and fiber
- ✓ Super portable
- ✓ Keeps energy steady

Instead of: Trail mix loaded with candy

Try: Beef jerky + a small apple

- ✓ Protein-rich and satisfying
- ✓ Naturally sweet without overload
- ✓ Great for busy days

Instead of: A granola bar

Try: A cheese stick with a handful of grapes

- ✓ Quick to pack and eat anywhere
- ✓ Balanced protein, fat, and carbs for steady energy
- ✓ More satisfying and less sugar than most packaged bars

Instead of: Pre-made protein shakes with chemicals and preservatives

Try: A shaker bottle with clean whey protein powder and water or unsweetened almond milk

- ✓ Same convenience without the additives
- ✓ Lets you control ingredients for better digestion and energy
- ✓ Still quick, portable, and keeps you full on the go

The goal with grab-and-go options is to keep things quick and convenient without sacrificing your health. By planning ahead with portable snacks made of real, nourishing foods, you can avoid the blood sugar crashes (and hanger) that come from processed choices. With a little preparation, your bag, car, or desk drawer can be stocked with better options that keep you energized and satisfied.

Conclusion

These simple swaps are designed to make healthy choices easier, more satisfying, and sustainable — without feeling restrictive or boring. By focusing on real foods that support your digestion, blood sugar, and hormones, you're not just snacking smarter — you're giving your body the tools it needs to finally let go of stubborn belly fat, balance energy, and feel amazing. Think of this guide as your first step toward uncovering the root causes that have been holding you back — a taste of what's possible with the Root Cause Reset.