



ROOT CAUSE RESET

Snack & Swap Guide



Your Practical Guide to Eating for
Optimal Health

Kyra Williams, NTP, CPT

*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

You may like these or some may be new to you. Pick the ones you enjoy and rotate through them.

Instead of: A granola bar with lots of sugar, try -

- A protein shake with unsweetened 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) & 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 honey, chopped walnuts, and fresh berries
- ✓ Creamy, crunchy, and naturally sweet
- ✓ Satisfaction through protein, fiber, and healthy fat
- ✓ Supports digestion and hormone balance while still feeling like dessert



A Note on Sweets

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

You may like these or some may be new to you. Pick the ones you enjoy and rotate through them.

Instead of: chips, try –

- A 120-calorie pack of pistachios
- ✓ Naturally salty, crunchy, and satisfying
- ✓ Provides protein and healthy fats to keep cravings away
- ✓ Portion-controlled for an easy, grab-and-go snack

Instead of: Pretzels, try –

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



A Note on Salty

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

You may like these or some may be new to you. Pick the ones you enjoy and rotate through them.

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 –

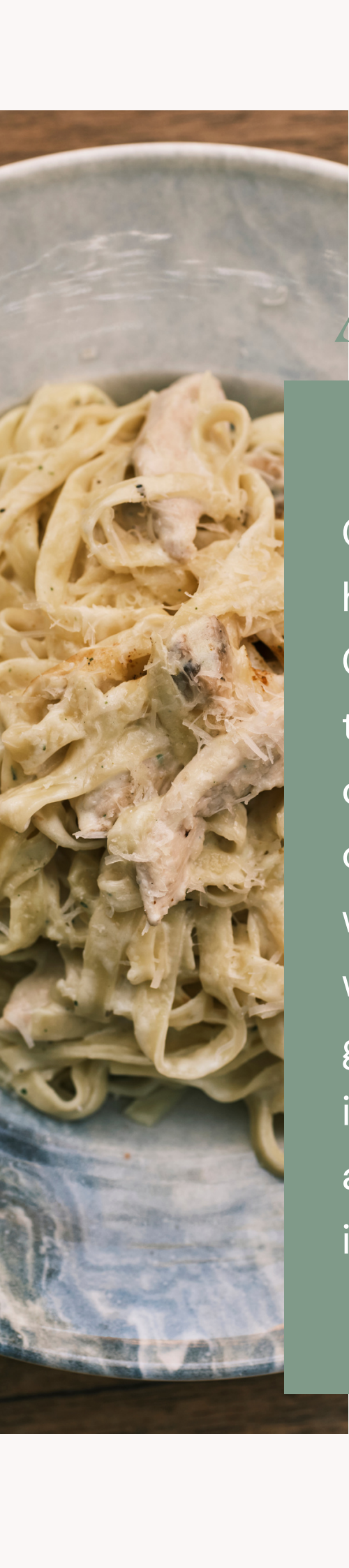
- Frozen berries blended with unsweetened coconut milk
- ✓ Refreshing and naturally sweet
- ✓ Gentle on digestion
- ✓ No blood sugar rollercoaster

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 chip, 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

A close-up photograph of a bowl filled with wide, flat ribbon pasta. The pasta is coated in a thick, light-colored cream sauce. Mixed throughout the pasta are pieces of cooked chicken and sliced mushrooms. The bowl itself has a light blue and white marbled pattern. The background is a neutral, light color.

A Note on Creamy

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 Grab & Go

You may like these or some may be new to you. Pick the ones you enjoy and rotate through them.

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, try –

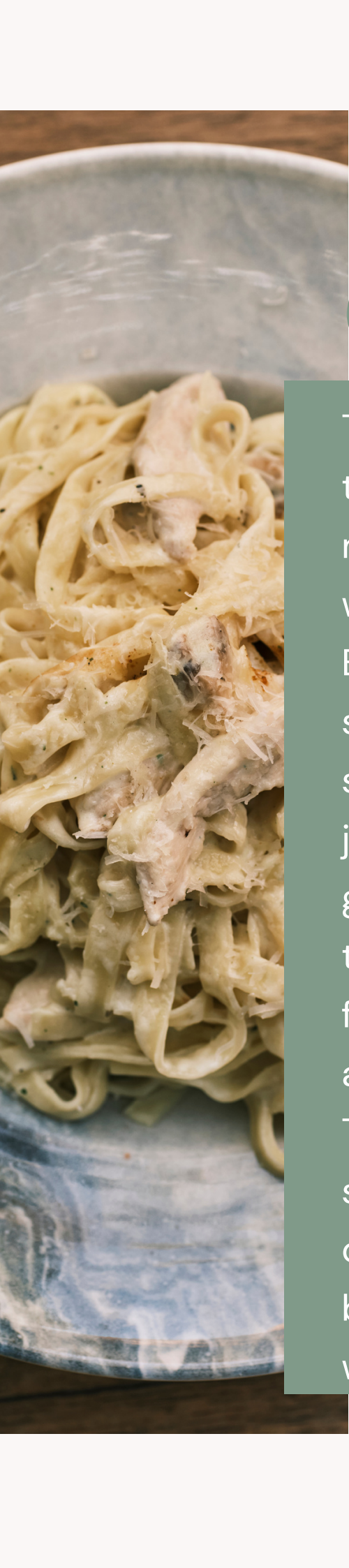
- A shaker bottle with clean whey protein powder and water or unsweetened almond milk

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



A Note on Grab & 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.

A close-up photograph of a bowl filled with spaghetti, topped with a meat sauce and melted cheese. The bowl is light blue and sits on a wooden surface.

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.