

# SNACK LIST



As a nutritionist & wellness expert for 20+ years, friends and clients are always telling me I have the tastiest, healthy snacks around.

## Get more protein in a tasty way



I'm letting you in on some of my favorite products and brands here, **PLUS** a way to save money on your shopping bill!

## Dairy-free options that taste sinful



## Healthy fats for your brain + body



## Satisfy a sweet tooth, with zero guilt



Julie E

Simple Solutions  
for Health  
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## Ready-made meal options



## Crunchy/ Savory favorites



## Guilt-free condiments



## Carbs + protein solutions



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Go to [www.thrivemarket.com/juliehealth](http://www.thrivemarket.com/juliehealth)  
and get your first month's membership FREE + \$20 off your 1st order.  
You'll be able to see ALL the snacks and household items I recommend.  
Thrive Market delivers fast and 30-70% off retail store prices.