



# Healthy After School - Sugar Free Snacks -

[www.ditchthecarbs.com](http://www.ditchthecarbs.com)



## EASY LEFTOVERS



Leftovers are KING!!  
Always make extra for snacks or lunch boxes



Eggs - boiled, scotch eggs etc



Chicken - roast drumsticks, grain free KFC, tenderloins, wrapped in bacon



Sausages



Roast dinner leftovers



Crustless mini quiche

## SOME PREPARATION



Carrot - sticks, grated or cubed



Smoothies with berries and hidden vegetables



Vegetable tray - a colourful selection with dips



Eggs - scrambles, fried, poached. Add veggies, bacon & cheese



Berries - with cream or unsweetened yogurt



Cream cheese stuffed peppers



Selection of different cheeses. Cubes, diced, sticks, grated



Dips - cream cheese, guacamole, salsa etc

## - MY LIST -



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See more at:  
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