



Howdy, [SweatCommunity!](#)

Billy was a healthy 14 year old entering his first year of high school. Billy was never the coolest, funniest, or most athletic kid in class. And when he started high school, he had a tough time making new friends for a few months.

But one day, Billy found a friend. This friend made Billy feel better about himself. He was always there when Billy needed him. He helped Billy forget about the mean kids that made fun of him.

But this new friend of Billy's didn't have Billy's best interests at heart. He became Billy's crutch for avoiding his problems. He convinced Billy it was ok to be a couch potato and to put his health aside. And this new friend was always around Billy 24/7. In fact, 10 years later they are still best friends. And if you look at Billy now, he's depressed, alone, and everyday he wears a crusty Spiderman shirt that's 4 sizes too small.

We all know Billy's "friend", but this friend has a different relationship with everyone. In fact, Billy's friend also had a close friendship with another one of Billy's classmates, Sheila.

But Sheila had a very different relationship with this friend. Sheila used their friendship to bring energy to her daily life. Sheila's friend never did anything to compromise her health. In fact, when they hung out, Sheila became a fitter, funner, cooler person to be around. Sheila turned into a healthy, beautiful woman with over

2000 friends on Facebook.

So who the heck is this two-faced friend that hurt Billy so much but helped Sheila become such a wonderful person?

We all know him by one name: SNACKS

The moral of the story is that Snacking can be either a good or bad thing. It depends on your relationship with snacking and how you apply it to your daily life.

If you know how to snack properly, they are great for your health! If you snack away without consciousness, snacks could be what turn you from fit to fat.

As far as snacks go, you need to know WHEN to snack and WHAT to snack on. Figure these 2 things out and you're gonna have more consistent energy, save your hard-earned muscle, and lose weight all at the same time.

So here we go...

WHEN TO SNACK

Research has strongly supported the notion that eating 4-6 medium sized meals is much more beneficial for weight loss than eating 3 large meals each day. The trick is to sneak in 2-3 snacks between your major meals (breakfast, lunch, dinner) so that your calories are spread throughout the day and used efficiently rather than storing as excess fat.

But be careful. You're not eating more calories than you normally would, you're simply spreading out your meals. By including a brunch and linner snack, the idea is that you won't be Starvin' Marvin by the time lunch or dinner rolls around and you eat everything but the kitchen sink.

The easiest way to time your eating is to try to eat every 2-3 hours. So if you're eating breakfast at 7am and don't eat lunch til 1, make sure you grab a snack around 10. Think of your body's energy level as a roller coaster. It's a much smoother ride to have 5-6 medium rises and drops rather than 3 huge ups-and-downs. Your meal timing regulates how bumpy the ride is gonna be!

WHAT TO SNACK ON

Ok, so is this the most important part of snacking. In order to know WHAT to snack on, we need to understand WHY we are snacking.

The first reason we snack is to fuel our body with energy. What provides energy? Carbs! And not just any carbs, but healthy carbs. Fruit and veggies are obviously your best bet. But getting some complex carbs like wheat-based products are super duper for giving yourself energy to get through your day and workouts. We'd usually recommend getting the majority of your carbs with your main meals, but it's important to get some in your snacks if you're feeling low on energy.

The second reason we snack is to feed our muscles. When we're running on empty, our body starts to eat into your hard-earned muscle for fuel. So we need to give our bodies snacks with protein to feed our muscles. And guess what? When your muscles get protein and start the rebuilding process, they also start burning fat. Foods high in protein are nuts, dairy, and meat.

15 GREAT SNACK OPTIONS

Use this list of high-protein snacks to replace that trash you've been eating. More energy, less fat, and stronger muscles? Sign me up!

- 1.) Cottage-style Fruit ($\frac{1}{2}$ cup of cottage cheese and $\frac{1}{2}$ cup of fruit)
- 2.) Low-sodium Turkey Jerky (stays fresh and each serving has 9g protein)
- 3.) Mixed Nuts and Trail Mix (almonds/pistachios best bang for your \$)
- 4.) Hard-boiled Egg
- 5.) Nut Butter Celery (almond/cashew/walnut butter spread on a celery stick)
- 6.) Deli Roll-up (2 slices deli meat rolled with slice of cheese; add tomato for extra credit)

- 7.) BNC Quesadilla (1/2 cup black beans, tbsp salsa, slice of cheese, small tortilla)
- 8.) Protein Shake (scoop of whey, fruit, milk, greek yogurt)
- 9.) Hummus Dippers (carrots/celery/snowpeas and 2 tbsp hummus to dip)
- 10.) Cheese Platter (slice of cheese, crackers, and almonds)
- 11.) Banana Nutter (sliced banana and peanut butter on a rice cracker)
- 12.) Greek Berry Parfait (Greek yogurt, berries, and sliced almonds)
- 13.) Cheddar Grapes (grapes and cheddar cheese cubes on a toothpick)
- 14.) Almond Butter Toast Sticks (wheat toast cut into $\frac{1}{2}$ inch strips, topped with almond butter and cinnamon)
- 15.) Ants on a Log (raisins on peanut butter spread on apple/celery stick)

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**Make SNACKS your healthy friend before that
Spiderman shirt starts shrinking!**

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