

## Snack Switch

### Chips, Crackers and Veggie Straws

Siete tortilla chips (various flavors), serve with guacamole or melted full-fat organic cheese  
Jackson's Honest potato chips (regular, sweet potato, purple potato)  
Simple Mills crackers (we like the plain sea salt variety, but they have other flavors, including cheddar)  
Plantain and other chips (*look for only 3 ingredients: plantains, coconut oil, salt*)  
Pork Rinds fried in coconut oil (4505 Chicharrones)  
Organic corn for popping the old-timey way (if corn does not irritate)  
Nuts – raw or dry roasted is best, salted is fine (*beware of the toxic oils – read carefully*)

### Granola Bars

Larabars (dates are super sweet and high in carbs...use judiciously)  
Thunderbird Bars  
RX Bars

### Protein Snacks

Grass-fed jerky (Epic, Paleo Valley...)  
Grass-fed cheese sticks or block cheese that you slice  
Hard boiled or deviled eggs (use a healthy mayo like Primal Kitchen or make your own)

### Fruity Snacks

Unsweetened dried fruit (read ingredients carefully – you want no sugar added and no oils)  
Homemade gelatin gummies and fruit leather  
Homemade popsicles  
Of course – fresh fruit and smoothies

### Fermented Foods

Pickled foods (cucumbers, carrots, cabbage, kefir, yogurt, ...)  
Olives

### Beverages

Green decaf tea with a little stevia  
Kombucha mixed with unsweetened seltzer like LaCroix  
Water with slices of lemon, lime, orange, grapefruit or even frozen fruit (berries, etc)  
Smoothies – best in small quantities and when paired with protein/fat  
Bone Broth – chicken is especially yummy, easy to make with an Instant Pot

Dairy – if and when you are ready, eliminating dairy for 30 days is so worthwhile! You might discover sensitivities and reactions that you never knew were connected to dairy. If you determine that dairy is tolerated well, feel free to enjoy it – but budget for grass-fed, pastured full fat products whenever possible: cheese, cream, milk, yogurt (buy plain and flavor it yourself with fruit/veggie puree and maybe a little honey). You can also look into raw dairy products if you wish.

Breads and Muffins

Simple Mills products

Homemade paleo versions using nut flours, arrowroot, etc.

Birch Benders Paleo Pancake mix (they also have paleo pumpkin)