

# Snacks & Swap Outs

**Siete Chips/Wraps**—Almond or Cassava

**Chomps Beef Sticks**—grass fed

**Tuna Infusions Cups** —20g protein

**Nuts/Seeds**—look for no seed oils

**Olive Oil packets** – bring your own to the restaurants



**Chocolate**—Goodstuffcacao.com

**Sweeteners**—Sweet Leaf Stevia

Drops for coffee or baking

Cleaning products, soaps, skincare,  
EWG Verified safe—see Riannan for link

