

# fruit + veg snack packs

Taking time to prepare your fruit & veg snack packs is a great way to prepare for the day ahead to maintain blood sugar balance during morning or afternoon periods. The following snack pack options contain various fresh fruits and vegetables rich in nutrients that support healthy immune system function. Keep it simple and prepare for success.

## snack pack #1

Alkalinizing liver cleanser; stimulates digestive enzymes

### **Suggested Container:**

[wide mouth quart mason jar](#)

### **Ingredients:**

1 medium cucumber  
2 tbsp apple cider vinegar  
filtered water

### **Instructions:**

Slice a whole cucumber, cover with cold water, and add 2 tbsp of apple cider vinegar. Leave in the fridge overnight for a pickling effect.

## snack pack #2

minerals, enzymes and source of fibre

### **Suggested Container:**

[wide mouth quart mason jar](#)

### **Ingredients:**

2-3 cups of seasonal veggies  
(carrots, celery, red/orange/yellow bell peppers, radish, daikon, kohlrabi, jicama, snap peas, tomatoes, zucchini etc)  
1/4 tsp Celtic sea salt  
1/4 tsp spice of choice (cumin, garam masala, sumac, paprika, etc)

### **Instructions:**

Dice chosen vegetables place in large jar, make sure to leave at least 2 inches of free space at the top. Add sea salt and spice of your choice. Close jar tightly with a light and shake well. Store in a fridge until ready to enjoy.

### **Notes:**

Use seasonal produce and change it up regularly to ensure variety of nutrients.

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## snack pack #3

energy, enzymes and fiber for a healthy gut

### **Suggested Container:**

[wide mouth quart mason jar](#)

### **Ingredients:**

2-3 cups of fruit

such as chopped berries, apples, mangoes, pineapple, banana, etc)

1 tbs lemon juice

1/2 tsp spirulina

### **Instructions:**

Cut fruit into bite size chunks and place them in a in large jar, make sure to leave at least 2 inches of free space at the top. Add in lemon juice and sprinkle spirulina on top. Close jar tightly with a light and shake well. Store in a fridge until ready to enjoy.

### **Notes:**

Consume only truly ripe fruits. Eat melons alone (or only with other melons).

## resource

Visit the [Environmental Working Group's website](#) to stay up to date with the produce that has the highest pesticide residues:

## dirty dozen (2020)

(purchase these organic):

Strawberries

Spinach

Kale

Nectarines

Apples

Grapes

Peaches

Cherries

Pears

Tomatoes

Celery

Potatoes

+ Hot Peppers