# Healthy Snack Preparation

This playbook outlines the steps required to prepare nutritious snacks and mini-meals. It is designed to help individuals create healthy food options that can curb hunger between main meals.

### Step 1: Select Recipes

Research and select a variety of healthy snack and mini-meal recipes that align with your dietary preferences and restrictions. Consider including a balance of proteins, fats, and carbohydrates.

### Step 2: Plan Portions

Determine the portion sizes for your snacks and mini-meals to ensure they are satisfying but not too big to undermine your main meals. Use measuring cups or a kitchen scale for precision.

### Step 3: Shop Ingredients

Make a shopping list based on your selected recipes and required portions. Purchase high-quality, fresh ingredients, focusing on whole foods such as fruits, vegetables, nuts, seeds, whole grains, and lean proteins.

### Step 4: Prepare Containers

Gather a variety of clean, airtight containers or reusable snack bags to store your snacks and mini-meals. Choosing the right sizes for your portions can help with portion control.

### Step 5: Prep Ingredients

Wash, chop, and prepare your ingredients as required. This might include cutting vegetables, portioning out nuts and seeds, or cooking grains or proteins ahead of time.

### Step 6: Assemble Snacks

Follow your recipes to assemble your snacks and mini-meals. Mix together ingredients for salads, spread nut butter on sliced fruit, or compile the contents for a mini wrap or sandwich.

### Step 7: Store Properly

Place your prepared snacks and mini-meals into your chosen containers. Label them with the contents and date of preparation, then refrigerate or store according to food safety guidelines.

## General Notes

### Nutritional Balance

Ensure each snack or mini-meal contains a balance of macronutrients (proteins, fats, carbohydrates) and fiber for sustained energy and fullness.

### Hygiene

Maintain good kitchen hygiene by washing hands before preparation and keeping surfaces clean to prevent food-borne illnesses.

### Regular Review

Regularly review and update your selection of snacks and mini-meals to add variety and adjust for any changes in dietary needs or preferences.