

SNACK LIST



As a nutritionist & wellness expert for 20+ years, friends and clients are always telling me I have the tastiest, healthy snacks around.

Get more protein in a tasty way



I'm letting you in on some of my favorite products and brands here, **PLUS** a way to save money on your shopping bill!

Dairy-free options that taste sinful



Healthy fats for your brain + body



Satisfy a sweet tooth, with zero guilt



Julie E

Simple Solutions for Health
www.JulieEHealth.com

For more Information:
Visit: www.JulieEHealth.com
Email: info@JulieEHealth.com
or Call: (310) 503-6336

Ready-made meal options



Crunchy/ Savory favorites



Guilt-free condiments



Carbs + protein solutions



THRIVE
- MARKET -

Go to www.thrivemarket.com/juliehealth
and get your first month's membership FREE + \$20 off your 1st order.
You'll be able to see ALL the snacks and household items I recommend.
Thrive Market delivers fast and 30-70% off retail store prices.