

Target Healthy Snack List

Protein, fiber, and fat are key to helping you feel satisfied and having your best energy!

We recommend having *at least* two of these nutrients for a healthy snack.

Below, you will find a list of Cultivate Wellness approved healthy snacks from Aldi. We have coded these snacks so you will know if the snack can be eaten on its own or if it needs to be paired with something else.

P = Protein

C = Fiber

F = Fat

Produce	Savory Snack
<p>Fresh Fruit (C) Fresh Vegetables (C) Avocado (C + F)</p>	<p>Green Pea Snack Crisps (P+C) Rhythm Kale Chips (P+C+F) Good & Gather Lemon Pepper Light Tuna (P) Bumble Been Wild Caught Tuna with Jalapeno (P) Parmesan Crisps (P+F) Mary's Gone Crackers Super Seed (P+C+F) Mary's Gone Crackers (C+F) Triscuits (C) Peanut Butter Pretzels (P+F) Sonoma Creamery Parmesan Cheese Crisps (P+C+F) Sonoma Creamery Cheddar Crisps (P+F) Moon Cheese (P+F) Biena Chickpea Snacks (P+C) EPIC Pork Rinds (P) Beef or Turkey Jerky (P) HIPPEAS Puffs (C) Good & Gather Olive Oil & Salt Popcorn (F+C) Quest Protein Chips (P+F) Siete Chips (C+F)</p>
Refrigerated/Dairy	
<p>Mush Oats (P+C+F) Perfect Bar Snack Size (P+F) Once Upon a Farm Dairy Free Smoothie (C+F) Core Bar (P+C+F) Cheese – Any variety (P + F) Plain Nonfat Greek Yogurt (P) Plain Full Fat Greek Yogurt (P + F) Oikos Triple Zero (P) Two Good Yogurt (P) Chobani Less Sugar Yogurt (P) Siggi's 0% Yogurt (P) Siggi's 4% Yogurt (P+F) Nonfat or Lowfat Cottage Cheese (P) Full fat Cottage Cheese (P+F) Koia Protein Drink (P+F+C)</p>	



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Nuts/Trail Mix/Granola	Deli
<p>Raw Nuts (P +C+ F) Roasted Nuts (P + C+ F) Unsweetened Coconut Chips (C+F) Roasted Pumpkin Seeds (P + C + F) Roasted Sunflower Seeds (P + C + F) California Mission Figs (C) Pitted Prunes (C) Freeze Dried Fruit (C) Bear Naked Protein Honey Almond Granola (P+C) KIND Peanut Butter Clusters (P+C+F) KIND Dark Chocolate Clusters (P+C) Good & Gather Plain Instant Oatmeal Cup (P+C+F) Roasted Edamame (P+C+F) Somersaults Sunflower Seed Crunchy Bites (P+C+F) Bare Banana or Apple Chips (C) Good & Gather Omega-3 Trail Mix (P+C+F) Good & Gather Blueberry Nut Trail Mix (C+F) Good & Gather Protein Fruit & Nut Trail Mix (P+C+F) Ghiradelli Intense Dark Chocolate (F+C) Lindt Dark Chocolate (F+C) Dark Chocolate Skinny Dipped Almonds (P+C+F) SkinnyDipped Dark Chocolate Cashews (P+F) SkinnyDipped Milk Chocolate Peanuts (P+C+F) Lily's Dark Chocolate Peanut Butter Cups (P+C+F) Hu Dark Chocolate (C+F) Creative Snacks Coconut Snacks (C+F) Inno Foods Coconut Clusters with Super Seeds (C+F) BeeFree Warrior Mix (C+F)</p>	<p>Hardboiled Egg (P+F) Spinach & Bell Pepper Egg Bites (P+F) Sabra Kids Taco Dip + Chips (C+F) Tru Grilled Chicken Breast Diced (P) Creminelli Prosciutto with Mozzarella (P+F) Creminelli Sopressata with Monterey Jack (P+F) Creminelli Casalingo with White Cheddar (P+F) Jack Links Beef & Cheese Combo Stick (P+F) Hummus (C+F) Bitchin' Sauce (F) Guacamole (C+F)</p> <p style="text-align: center;">Bars</p> <p>RXBAR (P+C+F) Good & Gather Protein Bars (P+C+F) Nature Valley Protein Bar (P+C+F) Larabar (C+F) Good & Gather Date & Nut Bar (C+F) KIND Dark Chocolate Nuts & Salt Bar (P+C+F) KIND Peanut Butter Dark Chocolate (P+C+F) KIND Cranberry Almond (P+C+F) EPIC Bar (P+F)</p> <p style="text-align: center;">Miscellaneous</p> <p>Mamma Chia Squeeze (C) GoGo Squeez (C) Nut Butters (P + C + F) Frozen Fruit (C) Unsweetened Applesauce (C) KIND Frozen Bars (C+F)</p>

Note: These items may not be available at every Target location and this list certainly may not include every healthy snack that they have, especially seasonal items! Feel free to email us at admin@cultivatewellnessllc.com if you have a question about a product that is not listed here.

