

99 Awesome Paleo Snack Ideas

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1. **Nuts** – nuts are a great Paleo snack because they're so portable: just toss a few in a baggie and run out the door. Try almonds, cashews, or macadamia nuts, but avoid peanuts, which are actually legumes.
2. **Hard-boiled eggs** – eggs aren't just a breakfast food! Hard-boiled eggs are simple to make and travel well for a protein boost on the go.
3. **Jerky** – if you can find store-bought jerky with no sugar or soy sauce, it's a great Paleo snack option; otherwise, you can make your own in a dehydrator or even in the oven. Beef is traditional, but buffalo and turkey jerky are also tasty. We love [this recipe](#) and our [L'Equip Dehydrator](#) (\$120), but you can find a solid dehydrator for [under \\$40](#).
4. **Fresh fruit** – fruit is easy to transport and holds up well at room temperature. An apple, a banana, or an orange makes for a quick and simple Paleo snack.
5. **Chopped raw veggies** – if you chop up some carrot or celery sticks on Sunday afternoon and toss them into plastic bags in the fridge, you'll have an easy Paleo snack to grab and go all week.
6. **LARABARS** – most commercial energy bars are full of grains and toxic chemicals, but LARABARS are nothing but dates, nuts, and spices. They're great for a quick Paleo snack on the go.
7. **Can of tuna** – many grocery stores sell single-serving cans of tuna: some of them even have a convenient peel-off lid so you don't need a can opener.
8. **Dried fruit** – be sparing with this one, as dried fruit is high in sugar, but for an active athlete this can be a great energy boost.
9. **Roasted pumpkin seeds** – you can buy these separately, or just scoop out the seeds when you cook a pumpkin, and roast them in some coconut oil with a dash of sea salt until they're a light golden-brown.
10. **Meat and veggie skewers** – for a gourmet Paleo snack (or finger food for a party), arrange folded slices of deli meat, cherry tomatoes, cucumber slices, and other veggies on a skewer and enjoy.
11. **Paleo People Granola** – these are *amazing* with some coconut or almond milk as a replacement for traditional breakfast cereals – [Banana Nut](#) and [Apple Crisp](#) are our favorites.
12. **Banana chips** – cut up a banana into thin slices, and lightly coat the slices in lemon juice. Bake them on a cookie sheet at 200 degrees, turning them every 30 minutes. When they're crispy, take them out and store them in an airtight container.
13. **Apple slices with nut butter** – peanut butter is out (since peanuts are actually legumes, not nuts), but almond, cashew, or macadamia nut butters with crisp, tart apple slices are all delicious Paleo diet snacks.

14. **Crispy kale chips** – cut the stems out of several kale leaves, sprinkle with olive oil and sea salt, and bake at 275 degrees for 40 minutes, turning them halfway through.
15. **Slices of deli meat** - turkey, roast beef, or ham slices can be easily stored in a small bag or Tupperware. For extra kid appeal, cut them into shapes with cookie cutters!
16. **Meatballs** – one or two meatballs (hot or cold) give you a conveniently travel-sized energy boost, and they're easy to make in bulk and store for later.
17. **Fruit salad** – a few strawberries, an orange, and a handful of blueberries make a Paleo snack that tastes as good as it looks.
18. **Cucumber cups** – cut a cucumber into slices about 2" thick, hollow out the centers, and stuff with tuna or salmon. These are perfect finger food for a party, since they're not messy to eat.
19. **Guacamole with veggies** – guacamole is a wonderful Paleo snack, full of healthy fats and vitamins. Try it with peppers or carrots for added crunch.
20. **Single serving packets of nut butters** – many brands of nut butter sell it in convenient single-serving packets that are great to throw in the bottom of your purse for an emergency Paleo snack.
21. **Tanka Bars** – a snack bar made out of buffalo and cranberries may sound like an odd combination, but you'll be surprised at how delicious they are. We use these when we don't have the time to make our own jerky and we're looking for something with a bit more oomph than a LARABAR.
22. **Cucumber sandwiches** – a small piece of meat between two crunchy cucumber slices makes a refreshing bite on the run.
23. **Paleo trail mix** – round up your favorite group of mixed nuts, add some dried fruit and coconut flakes, and mix well!
24. **Bacon-wrapped apple slices** – cook some bacon, and wrap it around crisp slices of Granny Smith apples for a salty, crunchy Paleo snack.
25. **Sweet potato fries** – cut a sweet potato into French fry-sized pieces, toss with coconut oil, sprinkle with sea salt, and bake on a cookie tray for about 20-25 minutes.
26. **Frozen bananas** – these are a great Paleo diet snack that kids can eat just like popsicles – you could even freeze them on a popsicle stick.
27. **Salad shrimp** – salad shrimp (the smallest kind – they're usually no more than an inch long) are tasty on their own, or dipped in salsa or guacamole.
28. **Ants on a Log** – fill a celery stick with almond or cashew butter, and sprinkle raisins on top for a Paleo snack that's perfect for a playdate.
29. **Chicken drumsticks** – chicken drumsticks are perfectly snack-sized and a great finger food – they're fast to cook if you like them hot, but they're also tasty cold on a summer afternoon.
30. **Paleo Smoothies** – toss some frozen berries and a little coconut milk into a blender, with one or two eggs for protein.
31. **Jalapeno peppers stuffed with guacamole** – a Paleo version of the classic "jalapeno poppers," these are a spicy, tasty Paleo snack idea for a Superbowl party or a team cookout.

32. **Frozen berries** – a cup of frozen strawberries or blueberries makes a perfect Paleo snack on a hot summer afternoon. Top with coconut milk for a special treat!
33. **Salsa with veggies** – you can make your own salsa, or buy an all-natural version from the grocery store; just make sure it doesn't have any crazy or unpronounceable ingredients.
34. **Organic, no-filler hot dogs** – if you can get hot dogs with no artificial additives, they make a great Paleo snack.
35. **Coconut Milk Kefir** – all the benefits of probiotics, with none of the drawbacks of dairy! Coconut kefir is great on its own, or with some fresh fruit.
36. **Devilled eggs** – they don't travel as well as their hard-boiled cousins, but devilled eggs are a quick and convenient Paleo solution to the after-school munchies.
37. **Salami** – if you can find an all-natural brand of salami, it makes for a mess-free Paleo snack that you can take anywhere.
38. **Chicken hearts** – true Paleo foodies know that organ meat is often the most nutritious part of an animal. Chicken hearts are the same size as large olives, and great on their own or wrapped in bacon for an extra-tasty treat.
39. **Plantain chips** – plantains are a slightly starchier version of bananas; they aren't very good raw, but they make a great Paleo snack as plantain chips! Slice them into thin slices, then brush with coconut oil, sprinkle with salt, and bake on a cookie sheet for about half an hour at 350 degrees.
40. **Paleokits** – if you're so busy that you can't make time to stock up your own snack stash, Paleokits are a convenient way to steer clear of gas stations and convenience stores.
41. **Melon with Ham or Prosciutto** – craving something sweet and savory? Just slice up the melon into long wedges and wrap it with your meat of choice.
42. **Turkey Rollups** – this combination is one of our most satisfying Paleo snacks. We roll Turkey around bacon and avocado and we have a snack that will keep us full for hours.
43. **Full Fat Yogurt with Berries** - be careful as many yogurt brands try to promote their "low fat" yogurts. Opt for the Full Fat choice and add berries to create an early morning Paleo snack.
44. **Paleo Cookies** – we get it. Sometimes you need something to quench that sweet tooth feeling. These Cavemen Cookies are one of our favorite desert snacks.
45. **Paleo Protein Shakes** – having a hard time finding a Paleo friendly post workout blend? Try this powder for an excellent source of protein.
46. **Rice-less Sushi** - this is one of our preferred take out options. Ask for your favorite roll wrapped in nori rather than rice.
47. **Lox with Cucumbers** - this snack is one of the most refreshing Paleo options in the summertime. Slice up some cucumbers and place your salmon on top.
48. **Peppers with Salsa** - if you chop up bell peppers and dip the rods into some salsa, you'll have a quick on the go Paleo snack.
49. **Dark Chocolate** – chocoholic? Try Dark Chocolate that is over 70% cacao to satisfy your desire. Sometimes we mix it up with this [Chili Dark Chocolate](#) from Lindt, too!

50. **Paleo Muffins** – having trouble finding a Paleo friendly baked good? This great recipe from PaleOMG is a delicious option.
51. **Frozen Grapes** - wash some grapes and put them in a freezer bag to have a very easy on the go Paleo snack.
52. **Fruit salad with Coconut Milk** - pour some coconut milk over chopped up fresh fruit to create a refreshing desert.
53. **Zucchini Chips** – first, preheat your oven to 225 degrees. Then slice the Zucchini, add salt and pepper, and bake until your desired level of crispiness.
54. **Olives** - they are perfectly Paleo! Just throw some in a container and you have an at work snack in seconds.
55. **Kale Chips** - wash and dry your kale, preheat your oven to 350°F, cover in avocado oil, and then bake for 12 minutes. Add salt and pepper and you will have a Paleo snack that will make you forget about potato chips.
56. **Roasted Chestnuts** - yup, we're sure The Christmas Song is stuck in your head now...This holiday treat is an excellent Paleo Snack!
57. **Sunflower Crackers** - this [recipe](#) from Fast Paleo is perfect to compliment some Paleo friendly dips. We love these with some Guacamole.
58. **Cauliflower Popcorn** - what do we eat when we're on our couch watching movies? Preheat your oven to 425 degrees, cut up the cauliflower, combine with olive oil and salt, and bake for an hour.
59. **Cinnamon Roasted Walnuts** - heat a tablespoon of raw honey and a teaspoon of cinnamon on the stove and then mix with a pound of walnuts. Then toast for 20 minutes in an oven preheated to 350 degrees.
60. **Lettuce Wraps** - what do we do with leftover chicken or tuna? We add it in a leaf of lettuce with some vegetables, avocado, and some cilantro to create this resourceful Paleo snack.
61. **Paleo Hummus with Cucumbers or Celery** – this amaaazing [Paleo hummus recipe](#) from Meatified is perfect to serve at any party. It also serves as a perfect side dish during lunch.
62. **Stuffed Peppers** - substitute traditional rice with [cauliflower rice](#) in your favorite stuffed pepper recipe. Use leftover chicken and vegetables to create this Paleo snack that can be eaten warm or cold.
63. **Paleo Pizza Bites** - we miss eating Pizza, but that does not stop us from getting that taste in our life. Top spliced pepperoni with tomato sauce, grated cheese, olives, peppers and whatever else you desire. Then, place in a 400 degree oven and within 8 minutes you have that pizza taste that you missed.
64. **Apple Walnut Coleslaw** - we love using this recipe from Men's Fitness in our summer barbecues. This Paleo side dish throws an interesting twist on a traditional barbecue condiment.
65. **Instant Strawberry Ice Cream** - miss ice cream? Add a pound of frozen strawberries, 14 ounces of coconut milk, ¼ teaspoon of liquid stevia extract, and ½ teaspoon of lemon juice to your [food processor](#). Place the combination in your freezer and take it out 30 minutes before you want it to be served.
66. **Blueberry Avocado Shake** - want a cold beverage on a warm summer afternoon? Just place coconut milk, avocado, banana, blueberries, ice and a little

bit of honey to your blender. Don't have a blender? You can buy an [amazing blender](#) for under \$25 these days.

67. **Grilled Peaches** - throw some sliced up peaches on the grill and in minutes you will have a delicious Paleo snack to satisfy your sweet tooth.
68. **Paleo Tortilla Chips** - traditional tortilla chips were never healthy for any diet. However, we love this [recipe](#) from Primal Primos to complement our guacamole.
69. **Cherry Tomatoes with Ham** - throw some sliced ham and cherry tomatoes into a food container for a terrific on the go snack.
70. **Liver Pâté** - want something out of the box? Try one of these [two liver pâté recipes](#) from Paleo Diet Lifestyle for a tasty and savory Paleo Snack option.
71. **Pork Rinds** – add salt to pork skin and place in a 325 degree preheated oven. Cook between 1.5 and 3 hours and to your desired crispiness. [Lowrey's Pork Rinds](#) are delicious in both original AND hot & spicy!
72. **Chocolate Covered Bacon** - what? No way?...Yes this treat is a paleo friendly snack. Just heat up dark chocolate, add it to bacon, and let cool to create this delight.
73. **Paleo Porridge** - miss oatmeal? This awesome recipe from Paleo Spirit can be used as breakfast or just as a filling Paleo snack during the day.
74. **Roasted Seaweed** – forget potato chips! We love this snack to satisfy our desire for something salty during the day. If you haven't tried it, trust us – it's better than you think!
75. **Paleo Pemmican** - follow this recipe from The Paleo Mom at the beginning of the week and refrigerate the bars for the perfect midday snacks for throughout the work day!
76. **Peach Popsicles** - blend 1 cup of almond milk, 1 banana, 2 peaches, 1 tablespoon of agave, cinnamon, and ½ a teaspoon of vanilla. Then, freeze for 3-6 hours and enjoy.
77. **Prosciutto Bowls** - create a cup out of sliced prosciutto, add egg into it, and top with basil, salt and pepper. Then, cook for 12 minutes in a 400 degree oven to create a protein filled salty Paleo snack.
78. **Paleo Fruit Rollups** – feeling like a kid again? Follow this recipe from Paleo Plan to create a Paleo snack perfect for you or your children.
79. **Bacon and Guacamole Sandwich** – sometimes we need a fat filled Paleo snack. We put guacamole in between two slices of bacon and enjoy.
80. **Scotch Eggs** - we get tired of the same old egg recipes. To combat that, we found this mouthwatering egg snack recipe from Mark's Daily Apple!
81. **Apple, Butternut Squash, and Bacon Hash** - this recipe is a delectable amalgamation of sweet and salty. This is one of our go to snacks to cater to our hunger.
82. **Bacon Wrapped Asparagus** - don't know what to do with that leftover asparagus? Wrap it in bacon to create an easy Paleo snack.
83. **Watermelon with Fresh Herbs** - chop up watermelon and mix with basil, mint, cilantro, or any other herb of your choice. This combination will surely freshen up a hot summer afternoon.

84. **Almond Macaroons** - We always love when we can find recipes to recreate some of our favorite deserts in a way that fits the Paleo lifestyle. This one is a must know.
85. **Honey Dill Carrots** - heat water in a pot until it boils and add a pound of baby carrots. Then, after 20 to 30 minutes, remove the carrots and drizzle with honey, sprinkle with dill, and add coconut oil.
86. **Berries with Coconut and Lime** – looking for a quick and easy snack before bed? Just mix a cup of berries, ¼ cup of coconut milk, and sprinkle with ¼ a cup of lime juice.
87. **Paleo Piña Colada** - blend pineapple, ice, and coconut milk and you will have a simple paleo snack in under a minute.
88. **Paleo Zucchini Muffins** - Paleo Plan's Zucchini muffins are another one of our favorite muffin recipes that offers an alternative to the blueberry recipe that is found earlier on this list.
89. **Paleo Pumpkin Bread** - need a fall baked good option? This great recipe (also from Paleo Plan) is perfect to serve at thanksgiving and doubles as a terrific snack.
90. **Roasted Figs** - roast for 10 minutes in a 425 degree oven. To add a twist to this, add some prosciutto!
91. **Dill Pickle Slices** - slice up a dill pickle and you will have a simple snack in seconds.
92. **Paleo Graham Crackers** - this is a great paleo snack recipe from Elena's Pantry. It's quick to make, tasty, and even the kids will enjoy it!
93. **Bacon Cups**- this combination is very similar to the prosciutto bowls above. This time, fill the bacon with turkey, lettuce, tomatoes, mushrooms, and egg if you desire.
94. **Lemon Avocado** - cut an avocado in half and drizzle with half a lemon. Add salt and pepper and eat with a spoon to create a simple Paleo snack.
95. **Sardines** - if you like them, you like them and if you hate them, you hate them. But if they fit your palate they are a solid Paleo Snack choice.
96. **Paleo Brownies** - you mean we can eat bacon, cookies and brownies on this diet? Sure we shouldn't eat this all too often but this recipe from Health-Bent provides a tasty desert treat.
97. **Paleo Spinach and Artichoke Dip** - need a side dish to go with the Paleo tortillas or Paleo crackers? This tasty Spinach and Artichoke dip from Paleo Spirit is one of our absolute favorites!
98. **Paleo Apple Pie** - there is nothing more American! This yummy Paleo Apple Pie recipe from The Paleo Mom will even make non-Paleo dieters happy.
99. **Fresh Coconut** - the first step is figuring out [how to open](#) one of these. Once you've got that figured out, you've got the ideal Paleo snack.

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