

Food Equals Mood

High Quality Snacks Workbook

Easy, satisfying snacks for energy, focus, and mood support

A useful snack is one you can access, tolerate, and enjoy. Choose from 17 flexible ideas, then make your own short snack plan for busy and low-energy days.

There is no need to earn a snack

Snacks can support nourishment between meals or when a full meal feels difficult. Add what helps; leave out what does not. Packaged and convenience foods count.

Name _____ Date _____



How to use this workbook

Choose a snack for work, school, travel, appointments, or home. Use the recipes as starting points, not rules.

- What sounds tolerable and enjoyable?
- What can I access and afford?
- Do I need portable, no-cook, or shelf-stable food?
- Would I like comfort, convenience, or something more filling?

Build a snack your way

Energy

Fruit, bread, crackers, cereal, oats, pretzels, rice, tortillas

Protein

Yogurt, milk, cheese, beans, hummus, eggs, tuna, tofu, nuts, seeds

Color or fiber

Fruit, vegetables, beans, whole grains, nuts, seeds

Satisfaction

A food or flavor you genuinely enjoy

A combination I would try



Fruit-and-Protein Snacks

1. Apple or Banana With Peanut Butter

YOU NEED

- Apple, banana, pear, or other fruit
- Peanut butter or another nut or seed butter

MAKE IT

- Slice fruit if preferred.
- Add peanut butter for dipping or spreading.

BUDGET OPTION

- Use bananas, apples, applesauce, or seasonal fruit.
- Choose store-brand peanut butter.

REFLECTION

Did this snack feel satisfying?

Would I prefer more or less peanut butter next time?

My easy version

What would make this easier for me?



Fruit-and-Protein Snacks

2. Yogurt, Fruit, and Crunch

YOU NEED

- Yogurt
- Fresh, frozen, canned, or dried fruit
- Cereal, oats, granola, nuts, or seeds

MAKE IT

- Add fruit and a crunchy topping to yogurt.

EASY VARIATIONS

- Yogurt + applesauce + cinnamon
- Yogurt + frozen berries
- Yogurt + banana + cereal
- Dairy-free yogurt + fruit + sunflower seeds

REFLECTION

Which texture did I enjoy most: creamy, crunchy, or fruity?

Would this be easy to pack for work or school?

My easy version

What would make this easier for me?



Fruit-and-Protein Snacks

3. Cottage Cheese and Fruit

YOU NEED

- Cottage cheese
- Fruit, applesauce, pineapple, peaches, berries, or tomatoes
- Optional crackers, toast, or nuts

MAKE IT

- Pair cottage cheese with sweet or savory foods.

EASY VARIATIONS

- Cottage cheese + pineapple
- Cottage cheese + tomatoes + black pepper
- Cottage cheese + berries + cereal
- Cottage cheese + crackers

REFLECTION

Do I prefer a sweet or savory snack?

What simple addition would help this snack feel more complete?

My easy version

What would make this easier for me?



Crunchy and Savory Snacks

4. Cheese and Crackers

YOU NEED

- Crackers
- Cheese, cheese stick, sliced cheese, or spreadable cheese
- Optional fruit, baby carrots, or nuts

MAKE IT

- Put crackers and cheese on a plate or in a container.
- Add fruit or vegetables if available.

BUDGET OPTION

- Buy block cheese and slice it yourself.
- Use store-brand crackers.

REFLECTION

Did the snack travel well?

What fruit or vegetable could I add next time?

My easy version

What would make this easier for me?



Crunchy and Savory Snacks

5. Hummus Snack Plate

YOU NEED

- Hummus
- Pita, crackers, pretzels, or tortilla
- Baby carrots, cucumbers, bell peppers, or fruit
- Optional olives, cheese, or nuts

MAKE IT

- Assemble the foods on a plate, napkin, or container.
- No cooking required.

EASY VARIATIONS

- Hummus + pretzels + carrots
- Hummus + pita + cucumber
- Bean dip + tortilla chips + salsa
- Guacamole + crackers + tomatoes

REFLECTION

What made this snack satisfying: crunch, flavor, protein, or variety?

What could I keep stocked to make this easier?

My easy version

What would make this easier for me?



Crunchy and Savory Snacks

6. Roasted Chickpeas or Edamame

YOU NEED

- Roasted chickpeas, dry-roasted edamame, or canned chickpeas
- Optional seasoning: garlic powder, chili powder, salt, or cinnamon

MAKE IT

- Purchase prepared roasted chickpeas or edamame.
- Or rinse canned chickpeas, season, and roast when you have energy for meal preparation.

BUDGET OPTION

- Canned chickpeas are inexpensive and versatile.
- Frozen edamame can be microwaved and lightly salted.

REFLECTION

Did I prefer crunchy, warm, or soft beans?

Which seasonings would make this snack more enjoyable?

My easy version

What would make this easier for me?



Portable Work and School Snacks

7. Trail Mix Your Way

YOU NEED

- Nuts or seeds
- Dried fruit
- Cereal, pretzels, popcorn, or whole-grain crackers
- Optional chocolate chips or coconut flakes

MAKE IT

- Combine what you have in a container or small bag.

BUDGET OPTION

- Use peanuts, sunflower seeds, raisins, pretzels, and store-brand cereal.
- Make a larger batch at home rather than purchasing individual packs.

REFLECTION

What combination feels satisfying to me?

Does a sweet-and-salty option help me enjoy snacks more?

My easy version

What would make this easier for me?



Portable Work and School Snacks

8. Peanut Butter Sandwich or Wrap

YOU NEED

- Bread, tortilla, or bagel
- Peanut butter or another seed or nut butter
- Optional banana, applesauce, raisins, cinnamon, or honey

MAKE IT

- Spread peanut butter on bread or tortilla.
- Add banana slices, raisins, or cinnamon if desired.
- Fold or wrap for a portable option.

EASY VARIATION

- Add sunflower-seed butter for a school-safe option where needed.

REFLECTION

Is this a snack or a small meal for me today?

Would I pack this before a shift, class, or appointment?

My easy version

What would make this easier for me?



Portable Work and School Snacks

9. Shelf-Stable Emergency Snack Kit

CHOOSE SEVERAL

- Peanut butter crackers
- Trail mix
- Granola bars
- Tuna, chicken, bean, or hummus packets
- Whole-grain crackers
- Fruit cups or applesauce pouches
- Roasted chickpeas or edamame
- Pretzels
- Shelf-stable milk or nutrition shakes

KEEP KITS

- In a work bag
- In a desk drawer
- In a vehicle, if temperature safe
- In a backpack
- At home for low-energy days

REFLECTION

When am I most likely to go too long without eating?

Where would an emergency snack kit help most?



Low-Energy Snacks

10. Cereal and Milk

YOU NEED

- Cereal
- Milk or milk alternative
- Optional fruit, nuts, or peanut butter

MAKE IT

- Pour cereal and milk into a bowl or cup.
- Add fruit or peanut butter if it sounds good.

REFLECTION

What cereal feels comforting and easy to eat?

Would a glass of milk and a handful of cereal be enough for this moment?

It is quick, inexpensive, and requires almost no preparation.

My easy version

What would make this easier for me?



Low-Energy Snacks

11. Toast With Toppings

YOU NEED

- Bread, bagel, English muffin, or tortilla
- One topping: peanut butter, cheese, avocado, hummus, egg, beans, or butter
- Optional fruit or vegetables

MAKE IT

- Toast if desired.
- Add one topping.
- Stop there or add a side food if available.

EASY VARIATIONS

- Toast + peanut butter + banana
- Toast + cheese + tomato
- Toast + hummus + cucumber
- Toast + beans + salsa
- Toast + butter + cinnamon sugar

REFLECTION

Which topping is easiest for me to keep available?

What flavor sounds good when my appetite is low?

My easy version

What would make this easier for me?



Low-Energy Snacks

12. Smoothie or Nutrition Shake Pairing

YOU NEED

- Ready-to-drink smoothie or nutrition shake
- Optional crackers, toast, granola bar, fruit, or trail mix

MAKE IT

- Drink the shake.
- Add a small carbohydrate food if desired.

EASY VARIATION

- Blend milk or yogurt, frozen fruit, and peanut butter when you have access to a blender.

REFLECTION

Do liquids feel easier than solid food on difficult days?

What shelf-stable item could I pair with a drink?

My easy version

What would make this easier for me?



Warm and Comforting Snacks

13. Microwave Oatmeal With Add-Ins

YOU NEED

- Instant oatmeal or oats
- Milk or water
- Peanut butter, nuts, seeds, yogurt, fruit, or raisins

MAKE IT

- Prepare oatmeal according to package directions.
- Add one protein or fat source and one fruit, if available.

EASY VARIATIONS

- Oatmeal + peanut butter + banana
- Oatmeal + applesauce + cinnamon
- Oatmeal + frozen berries + yogurt
- Oatmeal + raisins + sunflower seeds

REFLECTION

Does a warm snack feel calming or comforting?

What add-in would make oatmeal more filling for me?

My easy version

What would make this easier for me?



Warm and Comforting Snacks

14. Microwave Quesadilla

YOU NEED

- Tortilla
- Cheese
- Optional beans, leftover chicken, hummus, or salsa

MAKE IT

- Add cheese and optional beans or protein to one half of a tortilla.
- Fold in half.
- Microwave until warm and cheese is melted.

BUDGET OPTION

- Use beans and cheese.
- Serve with salsa or applesauce.

REFLECTION

Would this work as a snack, lunch, or dinner for me?

What ingredients can I freeze or keep on hand?

My easy version

What would make this easier for me?



Warm and Comforting Snacks

15. Soup and Crackers

YOU NEED

- Canned or boxed soup
- Crackers, toast, or tortilla
- Optional cheese, beans, fruit, or yogurt

MAKE IT

- Heat soup.
- Add crackers, toast, or tortilla.

EASY VARIATION

- Add canned beans or frozen vegetables to soup when available.

REFLECTION

Which soup is most comforting and easy to prepare?

What could I add for more staying power?

My easy version

What would make this easier for me?



Sweet Snacks That Still Feel Supportive

16. Chocolate and Nuts or Fruit

YOU NEED

- Chocolate or chocolate-covered food
- Nuts, seeds, trail mix, fruit, or pretzels

MAKE IT

- Pair a favorite sweet food with another enjoyable, satisfying food.

EXAMPLES

- Chocolate + almonds
- Chocolate chips + trail mix
- Banana + peanut butter + chocolate chips
- Strawberries + yogurt + chocolate drizzle
- Pretzels + peanut butter + chocolate

REFLECTION

What happens when I allow myself to enjoy sweet foods without guilt?

What combination feels both satisfying and comforting?

My easy version

What would make this easier for me?



Sweet Snacks That Still Feel Supportive

17. Frozen Fruit and Yogurt

YOU NEED

- Frozen fruit
- Yogurt
- Optional cereal, granola, nuts, or honey

MAKE IT

- Let frozen fruit sit for a few minutes, or microwave briefly if desired.
- Top with yogurt and cereal or nuts.

EASY VARIATIONS

- Frozen berries + yogurt
- Frozen mango + cottage cheese
- Frozen banana blended with milk or yogurt
- Frozen cherries + yogurt + oats

REFLECTION

Which frozen fruit is affordable and easy for me to keep?

Do I prefer this snack cold, partially thawed, or blended?

My easy version

What would make this easier for me?



My go-to snacks

One snack for mornings

One snack for afternoons

One for work, school, or appointments

One for low-energy days

One shelf-stable backup

One that feels comforting

One I can make on a tight budget



Stock what works for you

Fruit or vegetable

Protein food

Crunchy or energy food

Shelf-stable option

Comfort or enjoyment food



Snack check-in

You can skip numbers and simply write what you notice. If tracking feels stressful, use the planning page instead.

Before: What do I need right now?

What snack did I choose?

After: Did it feel satisfying or useful?

What would I repeat or adjust next time?



Gentle reminders

- A snack need not be perfectly balanced to be worthwhile.
- Packaged, frozen, canned, and convenience foods can help.
- Preferences, sensory needs, culture, budget, and access all matter.
- Choose foods you can realistically obtain, prepare, tolerate, and enjoy.
- You deserve nourishment on busy days and ordinary days.

When to pause

If food tracking increases guilt, anxiety, or urges to restrict, binge, purge, or compensate for eating, stop using these pages and seek support from a qualified clinician. This workbook is educational and does not replace individualized care.

One kind thing I can tell myself

