

Bedtime Snack Prep — the one-page plan

Protein + complex carb + a little healthy fat. Small portions. No sugar bombs.

SUNDAY PREP · 30–45 MINUTES

- ☐ Slice apples; toss in lemon water so they don't brown
- ☐ Cut carrots, cucumber, celery into sticks; store in water
- ☐ Rinse berries; wash + de-stem grapes (halve for littles)
- ☐ Portion cheese sticks / cubes into small containers
- ☐ Hard-boil 6–8 eggs; peel once cooled
- ☐ Portion hummus from the big tub into small cups
- ☐ Pre-measure dry oatmeal + cinnamon into jars or bags
- ☐ Bag up crackers, cereal, mini pitas (no open-box chaos)
- ☐ Optional: one batch low-sugar banana–oat muffins; freeze half
- ☐ Build the Fridge Snack Box + Pantry Snack Box

THE FIVE SNACK ARCHETYPES

- 1. Fruit + nut butter** — apple or banana + peanut/almond butter (pear + sunflower butter for nut-free)
- 2. Dairy + grain** — plain yogurt + berries; cottage cheese + peaches; string cheese + crackers
- 3. Toast/crackers + spread** — toast + nut butter + banana; pita + hummus + cucumber
- 4. Warm & cozy** — small oatmeal + cinnamon; warm milk + whole-grain cereal (2–3 nights/week)
- 5. Veggie + protein** — carrots + hummus; cucumber + yogurt dip; cherry tomatoes + cheese

THE SAMPLE WEEK

Mon	Apple slices + peanut butter + a few whole-grain crackers
Tue	Plain yogurt + berries + sprinkle of low-sugar cereal
Wed	Small oatmeal + cinnamon + spoon of almond butter
Thu	Cheese stick + whole-grain crackers + a few grapes
Fri	Whole-grain toast + sunflower butter + banana slices
Sat	Carrot sticks + hummus + small whole-wheat pita
Sun	Frozen banana “pop” dipped in yogurt + small glass of milk

EVERY NIGHT · 5 MINUTES

- ☐ Offer two choices: “Apple + peanut butter, or yogurt + berries?”
- ☐ Small and boring: a handful or two, dim lights, no screens
- ☐ Same sequence: snack → brush → story → bed

HOUSE RULES

- No added-sugar treats within 2 hours of bed, most nights
- It's a bridge to sleep, not a second dinner
- “More” = water, or a little extra protein/veg
- Bedtime snack comes from the Bedtime Box — no treat-cabinet raids
- Consistency beats perfection. Good enough, most nights, wins.

You're doing great, tired parent. One snack, one story, lights out. ★