



# THE MIGRAINE RELIEF PLAN

## Healthy Snack Ideas

### Crunchy / Salty

- Organic unsalted microwave popcorn
- Individually bagged potato chips (no soybean oil)
- Organic unsalted tortilla chips topped with spicy pepper sauce or hot sauce
- Gluten-free pretzels
- Organic baby carrots
- Celery and sunflower seed butter
- Toasted sunflower and/or pumpkin seeds
- Sliced bell peppers (especially red, yellow, and orange)
- Sliced jicama

### Sweet

- Unsalted butter and Vietnamese (Saigon) cinnamon on rice cakes
- Strawberries & mascarpone or cream cheese
- Apples or pears
- Frozen grapes
- Blueberries, blackberries, strawberry
- Dried apricots, cherries, blueberries, mangoes (must be unsulphured)

### Creamy

- Smoothies
- Sunflower seed butter on apples, pears, carrots, or celery
- Vanilla ricotta cream, with fruit if you like
- Hummus made without lemon juice
- Coconut whipped cream with fruit
- Rice or tapioca pudding sweetened with stevia
- Unsweetened applesauce

### Hearty / Savory / Spicy

- Hard-boiled eggs
- Home-cooked chicken or turkey with approved mayo spread
- Chicken stock (bone broth)
- Herbed cream cheese or mascarpone
- Red pepper or eggplant spread and mascarpone or cream cheese
- Salsa (no onions or avocado) with unsalted organic tortilla chips



**Stephanie's Tip:** Try not to eat fruit alone, as it can spike your blood sugar. Always add a saturated fat and/or protein.