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## my top five foods on the inside

### BANANAS

This fruit is perfect. It comes pre-packaged, portioned, & ready to eat. It is full of fibre, natural sugars, vitamins, & minerals, meaning this will fuel you PLUS help you recover.

### OATS

Oats are incredibly versatile. Eat them for breakfast, make energy bites, or add to smoothies! They are packed with carbohydrates to fuel your muscles for unlimited energy.

### WALNUTS

These delicious nuts contain omega-3 fatty acids meaning they nourish your brain, eyes, & are good for overall health. A handful after practice is all you need.

### HEMP HEARTS

My personal favourite! 3 tablespoons of these super seeds contain 10g of protein, plus calcium, healthy fats, magnesium, fibre, & more.

### EGGS

An easily digestible protein, eggs help to build & maintain muscle, plus cook up super fast!

## to fuel your body on the outside

### AVOCADO

This fruit (yes-it's a fruit!) contains vitamin C to help fight inflammation in the skin, while the healthy fats help keep your skin moisturized, and your hair and nails looking amazing.

### ALMONDS

A handful of these nuts contain over half of the vitamin E you need each day which can help your body reduce UV damage.

### CUCUMBERS

Cucumbers are not only great for hydration, they can also soothe your skin, reduce puffiness, and redness.

### COCONUT

Coconut is high in fibre & healthy fats. The combo can help improve digestion. A healthy digestive system is a healthy body, which means you'll be healthy on the inside AND the outside!

### WATER

The most important piece of the puzzle! Staying well hydrated will keep your entire system moving, and keep your skin glowing.