

# 20 Snack Ideas

◆ 150-200 Calories ◆

◆ A combination of protein, fat, and carbohydrate improves fullness ◆

Baby carrot snack pack  
Mini cheese (Babybel)  
5-6 whole grain crackers

½ cup leftover brown rice  
8-10 almonds (sliced)  
1 tablespoon raisins

3 cups light (or air-popped)  
popcorn  
1 string cheese

20-30 edamame pods  
1 medium apple

1 cup red fat chocolate milk  
2 graham cracker squares

1 medium banana  
1 tablespoon peanut butter

1 corn tortilla (6")  
2 slices turkey breast  
2-3 tablespoons salsa  
(Mini wrap!)

6 oz reduced or non-fat  
plain Greek yogurt  
½ cup blueberries  
1 tsp honey

 (Note: If plain yogurt has you reaching for lots of added sweetener, try a sprinkle of SALT instead. The salt cuts the tartness and enhances the fruit and honey sweetness.)

2 brown rice cakes  
1 mini guacamole pack (4  
tablespoons)  
2 slices tomato  
(Open sandwich style!)

1 packet plain instant  
oatmeal (with water)  
2 tablespoons peanut  
butter powder (PB2)  
¼ cup diced apple

Celery sticks  
6 oz reduced fat or non-fat  
plain Greek yogurt  
Mix in oregano, rosemary,  
salt to taste

2 fig newtons  
1 cup reduced fat milk

2 tablespoons hummus  
5-6 whole wheat crackers

2 tablespoons walnuts  
2 tablespoons raisins

1 medium pear  
1 wedge spreadable cheese  
(Laughing Cow)  
¼ cup sunflower seeds

½ cup reduced fat cottage  
cheese  
¼ cup cherry tomatoes  
Basil, salt, pepper to taste

½ cup chickpeas  
5-6 black olives (sliced)  
Diced cucumber  
Salt, pepper to taste

1 cup sliced peaches  
½ cup light ricotta cheese  
Drizzle of honey

1 slice whole wheat bread  
1 tablespoon almond  
butter

½ cup cottage cheese  
½ cup pineapple (chunks)  
1 tbsp coconut (shredded)