

150 CALORIE SNACKS



Protein Cookie Dough
3/4 cup nonfat plain greek yogurt
1 Tbsp powdered peanut butter
1 tsp dark chocolate chips
optional: 1/2 tsp almond, vanilla or coconut extract

Place all ingredient in bowl and mix together.



Sweet Cake
1 plain rice cake
1 tbsp nut butter, natural
1 tsp dark chocolate chips



Cheese and Crackers
1 oz reduced fat cheese (~1 string cheese, or 1 piece pre-sliced cheese)
4 Triscuits (or other whole grain cracker for a portion size of 80 calories)



Hummus Boat
1 bell pepper, any color
1/3 cup hummus, any flavor



Chocolate Banana Pudding
3/4 cup nonfat plain greek yogurt
1 tsp cocoa powder, unsweetened
1/2 banana, sliced
pinch of stevia (optional)

Place all ingredients in a bowl and mix.



Melon Bowl
1/2 cup nonfat cottage cheese
1 tsp flaxseed, ground
1 cup cataloupe, cubed



1/2 Protein Bar ~200 calories
1 small piece of fruit

RXBAR
Oatmega
Think!
PureProtein



Berry Mint Bagel
1 whole wheat mini bagel/bagel thin
1 tbsp reduced-fat cream cheese
OR 1 laughing cow spreadable cheese
6 blackberries
fresh mint, chopped



Frozen Yogurt Blueberries
3/4 cup blueberries
3/4 cup plain nonfat greek yogurt

Mix all ingredients in a bowl
Place yogurt covered blueberries on parchment paper
Place in freezer for at least 1 hour



Fruit and Eggs
1 whole egg, hard boiled
OR 4 egg whites, hard boiled
1 1/4 cups strawberries, whole
6 almonds

150 CALORIE SNACKS



Protein Shake
1 scoop protein powder
1 cup almond milk, unsweetened
ice

Place all ingredients in blender and blend.



Lettuce Rolls Ups
2-3 romaine lettuce leaves
3 oz deli turkey or chicken (low sodium)
2 tbsp avocado
mustard, hot sauce or other low calorie condiment (optional)



Sushi Break
4 pieces of sushi
(California, Tuna, or Salmon)



1 tbsp nut butter, natural
1 small piece of fruit (pear, apple etc)



Fruit and Yogurt
3/4 cup nonfat greek yogurt, plain
3/4 cup berries



Protein Shake
1 scoop protein powder
1 cup almond milk, unsweetened
ice
Place everything in blender and mix

200 CALORIE SNACKS



Protein Cookie Dough
 1 cup nonfat plain greek yogurt
 2 Tbsp powdered peanut butter
 2 tsp dark chocolate chips
 optional: 1/2 tsp almond, vanilla or coconut extract

Place all ingredient in bowl and mix together.



Sweet Cake
 1 plain rice cake
 1 tbsp nut butter, natural
 1 tablespoon dark chocolate chips



Cheese and Crackers
 1 oz reduced fat cheese (~1 string cheese, or 1 piece pre-sliced cheese)
 4 Triscuits (or other whole grain cracker for a portion size of 80 calories)
 17 grapes



Hummus Boat
 1 bell pepper, any color
 1/3 cup hummus, any flavor
 1 Babybel cheese wheel



Chocolate Banana Pudding
 3/4 cup nonfat plain greek yogurt
 1 tsp cocoa powder, unsweetened
 1 banana, sliced
 pinch of stevia (optional)

Place all ingredients in a bowl and mix.



Melon Bowl
 1 cup nonfat cottage cheese
 1 tbsp flaxseed, ground
 1 cup cataloupe, cubed



Protein Bar ~200 calories

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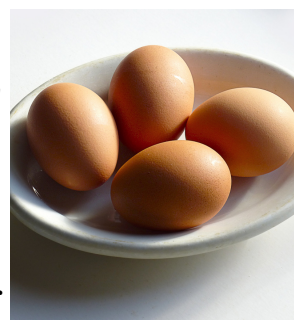


Berry Mint Bagel
 1 whole wheat mini bagel/bagel thin
 1 tbsp reduced-fat cream cheese
 OR 1 laughing cow spreadable cheese
 2 tsp chia seeds
 6 blackberries
 fresh mint, chopped



Frozen Yogurt Blueberries
 3/4 cup blueberries
 3/4 cup plain nonfat greek yogurt
 2 tablespoons coconut flakes, unsweetened.

Mix all ingredients in a bowl
 Place yogurt covered blueberries on parchment paper
 Place in freezer for at least 1 hour



Fruit and Eggs
 1 whole egg, hard boiled
 OR 4 egg whites, hard boiled
 1 1/4 cups strawberries, whole
 6 almonds

200 CALORIE SNACKS



Protein Shake

1 scoop protein powder
1 cup almond milk, unsweetened
1/2 frozen banana
ice

Place all ingredients in blender and blend.



Lettuce Rolls Ups

2-3 romaine lettuce leaves
5 oz deli turkey or chicken (low sodium)
2 tbsp avocado
mustard, hot sauce or other low calorie condiment (optional)



Sushi Break

6 pieces of sushi (California, Tuna, or Salmon)



1 1/2 tbsp nut butter, natural
1 small piece of fruit (pear, apple etc)

400 CALORIE SNACKS



Yogurt Parfait
¾ cup Nonfat Greek Yogurt, plain
¼ cup Low-sugar Granola, plain (or 1 Starch Block)
¾ cup Berries (blackberries, blueberries or raspberries) (or 1 Fruit Block)
½ Banana, sliced (or 1 Fruit Block)
1 tablespoon Honey



Fruit, nut butter, and pretzels
1 Banana (or 2 Fruit Blocks)
2 tablespoons Nut Butter, natural (or 4 Fat Blocks)
¾ oz Pretzels (or 1 Starch Block)



Cran Coconut Muffin
1 Whole-Wheat English Muffin
2 tablespoons Nut Butter, natural
2 tablespoons Cranberries, dried
1 tablespoon Coconut Flakes, unsweetened



Bento Box
1 oz Reduced-fat Cheese (or 1 Moderate-Fat Dairy Block)
1 serving Whole-grain Crackers (or 1 Starch Block)
1 small Apple (or 1 Fruit Block)
24 Almonds (or 4 Fat Blocks)



Trail Mix
¼ cup, Granola, low sugar, plain (or 1 Starch Block)
2 tablespoons Cranberries, dried (or 1 Fruit Block)
6 Cashews (or 1 Fat Block)
6 Almonds (or 1 Fat Block)
4 Walnut, halves (or 1 Fat Block)
1 tablespoon Dark Chocolate Chips



Melon Bowl
1 ½ cups Nonfat Cottage Cheese
2 cups Pineapple, cubed
2 tablespoons Flaxseed, ground



Protein Bar ~400 calories

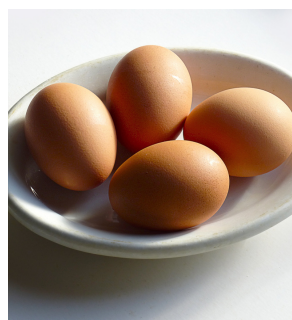
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Mini Sandwich
1 Whole-Wheat English Muffin
4 oz Turkey or Chicken (deli sliced, low-sodium)
1 slice Reduced-Fat Cheese
Spinach, Onion, Tomato, raw
2 tablespoons Hummus
2 tablespoons Avocado



Power Wrap
1 Whole Wheat Tortilla
½ cup Black Beans, rinsed
3 oz Chicken Breast
1 cup Peppers/Onions



Fruit with milk
1 small Apple
2 tablespoons Nut Butter, natural
1 cup Skim Milk