

SNACK GUIDE



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Protein (Calories/Carbs)

1 oz Country Archer Original
Grass-Fed Beef Jerky (70/6)



1/2 cup Daisy Low Fat Cottage
Cheese (90/6)



1 Kraft Reduced Fat Mozzarella
String Cheese (60/1)



1 Bumble Bee Lemon Pepper
Tuna package (80/2)



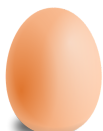
Muscle Milk 100 (100/7)



1 Tbsp Almonds (43/1)



1 Hard-boiled egg (70/0)



3 Slices Applegate Naturals
Roasted Turkey Breast (75/2)



Bumble Bee Fat-Free Tuna Salad
Kit w/ Crackers - 1 package
(70/10*)



Great Value Chicken Breast
3 oz (100/1)



1 Scoop - Vega Protein & Greens
(180/12)



Whole Grains Fruit Starchy Veggies (Calories/Carbs)

2 cups Skinny Pop Popcorn (80/8)



8 Nabisco Wheat Thins (70/11)



10 SunChips Original (90/12)



3/4 cup berries (60/15)



1 Carb Balance Soft Tortilla
(40/13)



4 inch Banana (60/15)



Mini Kind Bar (90/8)



1 container Motts Applesauce (50/13)



1 Dannon Light & Fit Flavored
Yogurt (80/9)



1/3 cup Oatmeal Squares (70/15)



1/2 cup Black Beans (100/18)



1/4 cup Green Giant Garden
Medley (70/13)



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Veggies & Condiments (Calories/Carbs - 1 pick)



3/4 cup Cauliflower Rice (25/3)



1 cup Steamed Broccoli (20/4)



1 cup Zucchini Noodles (20/2)



1/4 cup Salsa (20/4)



2 Tbsp Maple Grove Fat-Free Balsamic Vinaigrette (15/3)

8 Cherry Tomatoes (25/7)



3 oz Green Leafy Veggies (25/4)

2 Tbsp Flavored Vinegar (25/0)



1 cup Almond Milk Unsweetened (30/1)

3 sticks Celery Sticks (25/5)



1 Tbsp Hummus (35/3)

1.5 Tbsp Mustard (25/1)



1 Tbsp Mayo (45/1)