

SNACK GUIDE



👉 *Click each picture to find substitutes for that item*

Whole Grains Fruit

Protein (Calories/Carbs)

Starchy Veggies (Calories/Carbs)

1 oz HEB Smoked Beef Jerky (90/0)



1/2 cup Daiy Low Fat Cottage Cheese (90/4)



1 Kraft Reduced Fat Mozzarella String Cheese (60/0)



1 Jennie O Turkey Frank (70/1)



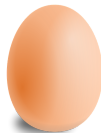
Muscle Milk 100 (100/6)



10 Almonds (85/3)



1 Hard-boiled egg (80/1)



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



Gorton's Grilled Tilapia - 1 fillet (100/1)



Tyson Grill & Ready Chicken 3 oz (100/1)



Tuna - 2.5 oz (60/0)



1 Scoop - Vega Protein & Greens (110/6)



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 Flatout Light Flatbread (90/14)



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 1/4 cup Green Giant Garden Medley (80/17)



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Veggies & Condiments (Calories/Carbs - 1 pick)



3/4 cup Cauliflower Rice (25/3)



1/4 cup Steamed Broccoli (23/4)



1 cup Zucchini Noodles (20/2)



1/2 cup Salsa (20/2)



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 (23/3)

1.5 Tbsp Mustard (25/1)



2 tsp Mayo (30/1)