

HEALTHY SNACKS ON THE GO!



100 Calories

- 15 Almonds
- 100 calorie Greek Yogurt
- 1 low fat string cheese + ½ cup sliced strawberries
- 1 hardboiled egg + 8 baby carrots
- ½ cup steamed edemame
- ½ cup low fat cottage cheese
- 3 Tbsp. hummus + 1 cup cucumber slices
- 1 Tbsp. peanut butter + 2, 5-in. celery sticks
- 1.5 cups raw broccoli + 1.5 Tbs. light dressing
- 1 medium apple with skin
- 1 medium pear with skin
- 1 medium banana
- 1 cup grapes
- 3 cups air popped popcorn

150 calories

- 22 Almonds
- 100 calorie Greek Yogurt + mandarin orange cup
- 1 low fat string cheese + 7 wheat thin crackers
- 1 hardboiled egg + 8 baby carrots + 2 Tbsp. hummus
- ½ cup steamed edamame + 2 Tbsp. raisins
- ¾ cup low fat cottage cheese + ½ c pineapple
- 1.5 Tbsp. peanut butter + 3, 5-in. celery sticks
- 1.5 cups raw broccoli + 1.5 Tbsp. light dressing + 10 peanuts
- 1 medium apple with skin + 1 dark chocolate piece
- ½ banana + 1 Tbsp. Almond butter
- 3.5 cups light popcorn
- Granola bar (<10gm sugar, >5gm protein, >4 gm fiber/bar)

For a satisfying nutritious snack include protein and (complex) carbs!

