

Snack List



- 1 container (175g) yogurt with ½ cup fruit
- 1 cup whole grain pudding with fruit sauce
- 1 fruit cup packed in juice
- Any 1 fresh fruit with 1 baby bel cheese/cheese string
- 1 cup Celery sticks stuffed with 1 ½ oz. low fat soft cheese/peanut butter
- 1 ½ oz. Low fat cheese and 3 rice cakes (28 g)
- ½ Whole grain English muffin with 1 tsp almond butter
- ½ bagel with low fat cheese e.g. laughing cow and cucumber/Tomato slices
- 6 “soft tortilla shell with 1/3rd cup bean spread
- 1 juice box, unsweetened (200ml) - vegetable or fruit with baby bel cheese/cheese string
- 3 cups plain popcorn with 1-2 tbsp. nuts
- 6 soda crackers/rye crisps/rice crackers with 1 oz. sliced lean meat wrapped around 1 part skim milk cheese stick
- 1 Hardboiled egg with salsa/bruschetta
- 3 mini pitas stuffed with 1 oz. low fat cheese - try low fat cream, Swiss, or 1/8th avocado
- 1 small baked potato with 1/3rd cup chili
- 1 oz. Graham cookies with 1 pack (50g) applesauce, unsweetened
- 1 tbsp. Trail mix
- 1 cup veggie sticks with 1 ½ tbsp. hummus, tofu, yoghurt or yoghurt dip or bean-based dip
- 1 cup Edamame
- 1 cup Pea soup and 6 crackers
- 1 cup Marinated vegetable and bean salad
- 6 Whole grain crackers and 1 tbsp. antipasto
- Lettuce wraps made with baked or flavored tofu and shredded vegetables
- 7-8 Baked tortilla chips, 1/3rd cup refried beans, and salsa
- Tabbouleh salad with 1/3rd cup garbanzo beans
- 1/3rd cup cold cereal with berries and soymilk
- 1/3rd cup Soy-nuts and 1 fresh fruit