Healthy Snacks Under 200 Calories

1. 1 banana or apple + 1 Tb of natural nut butter
2. 1 fruit + 1 cheese stick
3. 1 orange or green apple + 1 carrot + 1 cup baby spinach blended in blender (green smoothie)
4. 2-3 Mandarin oranges
5. 10 multi grain crackers + 2 Tb hummus
6. 1 slice of bread + 1 Tb of natural almond butter
7. 10 nuts + 2 Tb raisins
8. ½ cup fresh berries + 2 dark chocolate squares
9. ¼ cup ricotta or cottage cheese + 6 slices strawberries
10. ¼ cup cottage cheese + ¼ cup yogurt mixed
11. 1 cup fruit salad (melons, berries, cut fruit, etc.)
12. 1 large raw carrot and 1 stalk celery + 2 Tb hummus
13. 1 small tin of tuna (2 oz) + 2 large crackers such as rosemary flat bread or Wasa crisps
14. 1 cup sugar snap peas
15. 2 boiled eggs
16. 1 pear and 1 oz goat cheese
17. 1 sliced tomato layered with 1 oz shredded Mozzarella cheese, basil and 1 tsp olive oil or pesto
18. 1 small baked potato with ½ cup salsa and 1 Tb shredded cheese
19. 4 deli turkey slices wrapped around apple slices from 1 small apple
20. 2 scrambled eggs + ¼ cup salsa
21. Half a diced avocado + ½ tsp of sea salt and a squeeze of lime
22. ½ cup sliced jicama with chili powder and squeeze of lemon or lime juice + 2 Tb hummus
23. ¼ cup of trail mix with chocolate morsels and dried fruit
24. 4 squares of graham crackers + 8 oz skim milk / soy milk / almond / rice milks
25. 10 chocolate covered almonds
26. 7 blue cheese stuffed olives
27. 1/3 cup wasabi peas
28. 10 natural blue corn tortilla chips and 1/3 cup guacamole
29. 18 roasted and salted cashews
30. 1 turkey wrap: tortilla wrapped around 3 deli-sliced turkey slices, tomato, lettuce, and cucumber
31. 15 natural blue corn tortilla chips and 1/3 cup salsa
32. 1 cup strawberries + 1 cup Greek yogurt
33. 4 dried dates dipped in 1 Tb Tahini
34. 1 slice whole grain toast topped with 1 oz goat cheese and a small handful of raspberries
35. 1 cup mango topped with 3 oz vanilla yogurt
36. 1 frozen banana + 10 raw almonds/walnuts/pecans
37. 1 cup pineapple cubes + 1 Tb unsweetened shredded coconut
38. Blend 1 cup frozen cherries or blueberries with 8 oz unsweetened vanilla almond / coconut milk
39. 1 sliced pear sprinkled with cinnamon and 1 cup chai tea with ¼ cup skim milk
40. ½ avocado, topped with salt, pepper, and a spoonful of salsa
41. 1 cup jicama spears + ¼ cup guacamole or hummus
42. 1 oz smoked salmon on ½ mini bagel or flat bread
43. 2 rice cakes topped with 2 Tb hummus and cucumber slices
44. 1 oz turkey jerky + 1 pear
45. 1 small baked sweet potato + ¼ cup cottage cheese and cinnamon + ½ tsp coconut oil / ghee
46. ½ grapefruit + 1 boiled egg
47. One box of Costco “frozen” edamame heated and add your favorite spices
48. 3 dried figs and 2 slices of prosciutto ham
49. 7 walnut halves and 1 cup sliced plums
50. 1 cup of cucumber slices + 1 oz gouda cheese