

## **Sweet Snacks**

### **1. Chocolate Banana**

1/2 frozen banana dipped in 2 teaspoons dark chocolate chips, melted

### **2. Frozen Grapes**

28 grapes (about 1 scant cup), placed in the freezer for 2+ hours

### **3. Honeyed Yogurt**

1/2 cup nonfat Greek yogurt with 1 dash cinnamon and 1 teaspoon honey

### **4. Mini PB&F**

1 Fig Newton with 1 teaspoon peanut butter

### **5. Spiced Orange**

1 medium orange, sprinkled with cinnamon

### **6. Grilled Pineapple**

2 1/4-inch thick pineapple rounds (3 1/2-inch diameter), grilled (or sautéed) for 2 minutes or until golden

### **7. Berries 'n' Cream**

1 cup blueberries with 2 tablespoons whipped topping

### **8. Stuffed Figs**

3 small dried figs stuffed with 1 tablespoon part-skim ricotta and sprinkled with cinnamon

### **9. Nuts 'n' Berries**

2/3 cup blueberries sprinkled with 1 tablespoon slivered almonds

### **10. Dark Chocolate**

1/2 ounce (about 1 block or 3 squares)

### **11. Nut-Stuffed Date**

1 medjool date filled with 1 teaspoon natural unsalted almond butter

## **12. Chocolate Milk**

6 ounces skim milk mixed with 2 teaspoons chocolate syrup

## **13. Cinnamon Applesauce**

1 cup unsweetened applesauce, sprinkled with cinnamon

## **14. Citrus-Berry Salad**

1 cup mixed berries (raspberries, strawberries, blueberries, and/or blackberries) tossed with 1 tablespoon freshly squeezed orange juice

## **15. Maple-Pumpkin Yogurt**

1/2 cup nonfat plain yogurt (go Greek for extra protein) mixed with 2 tablespoons pumpkin puree and 1 teaspoon maple syrup

## **16. Chocolate Pudding**

1 4-ounce container fat-free pudding

## **17. Chocolate-Covered Strawberries**

7 strawberries dipped in 1 tablespoon dark chocolate, melted

## **18. Tropical Juice Smoothie**

1/4 cup each 100-percent pineapple juice, orange juice, and apple juice, blended with ice

## **19. Vanilla and Banana Smoothie**

1/3 cup sliced banana, 1/4 cup vanilla Greek yogurt, and 1 handful ice, blended until smooth

## **20. M.Y.O. Banana Chips**

1 sliced small banana dipped in lemon juice and **baked**

## **21. Baked Apple**

1 small apple, cored, filled with 1 teaspoon brown sugar and 1 sprinkle cinnamon, baked until tender

## **22. Fruity Waffles**

1 toasted **Kashi 7-Grain Waffle** topped with 1/4 cup mixed berries

### **23. Skinny S'more**

2 graham cracker squares with 8 roasted miniature marshmallows and 1 teaspoon dark chocolate chips

### **24. Cinnamon Graham Crackers and Peanut Butter**

2 graham cracker squares with 1 teaspoon peanut butter, sprinkled with cinnamon

### **25. Cereal and Milk**

2/3 cup crisped rice cereal with 1/3 cup skim milk

### **26. Milk and Cookies**

5 animal crackers with 1/2 cup skim milk

### **27. Warm Spiced Cider**

6 ounces apple cider, sprinkled with cinnamon and nutmeg, warmed

### **28. Fruity Soft Serve**

Purée 1 small frozen banana into [ice cream](#)

### **29. Café Latte**

8 ounces steamed skim milk with 1 shot espresso

### **30. Fruit Leather**

2 no-sugar-added strips, like [Stretch Island Fruit Co.](#)

### **31. Maple-Cashew Pear**

1/2 medium sliced pear dipped into a mix of 1 teaspoon each maple syrup and cashew butter

### **32. Protein Chai**

1 1/2 tablespoons hemp protein powder, 1/2 small frozen banana, and 1/2 teaspoon chai tea mix (from a tea bag) blended with 6 ounces water

### **33. M.Y.O. Popsicle**

6 ounces bottled lemonade, frozen in an ice pop mold or small paper cup

### **34. Apple Chips**

1/2 cup unsweetened, such as [Bare Snacks](#)

## **Savory Snacks**

### **35. Cucumber Salad**

1 sliced large cucumber tossed with 2 tablespoons chopped red onion and 2 tablespoons apple cider vinegar

### **36. Pistachios**

25 kernels

### **37. Cheese and Crackers**

5 [Kashi Original 7 Grain](#) crackers with 1 part-skim mozzarella cheese stick

### **38. Spicy Scramble Egg**

2 scrambled egg whites on 1/2 slice whole-wheat toast, drizzled with 1 teaspoon sriracha

### **39. Cheesy Breaded Tomatoes**

2 roasted plum tomatoes sliced and topped with 2 tablespoons breadcrumbs and sprinkled with Parmesan cheese

### **40. Curried Sweet Potato**

1 small sweet potato microwaved for 6 minutes and mashed with 1 teaspoon curry and salt and pepper to taste

### **41. “Cheesy” Popcorn**

2 cups air-popped popcorn with 1 tablespoon nutritional yeast

### **42. Guacamole-Stuffed Egg Whites**

1 halved hard-boiled egg, yolk removed, stuffed with 2 tablespoons guacamole

### **43. Grilled Spinach and Feta Polenta**

2 slices precooked polenta (look for the tubes in the grocery store) topped with 1 teaspoon feta cheese and 1 handful spinach

#### **44. Soy Edamame**

1/3 cup boiled shelled edamame with 1 teaspoon soy sauce

#### **45. Dijon Pretzels**

2 pretzel rods with 1 tablespoon Dijon mustard

#### **46. Crunchy Curried Tuna Salad**

2 ounces (about 1/4 cup) canned white tuna with 1 teaspoon curry powder, 1 tablespoon chopped red onion, and 2 chopped ribs celery

#### **47. Greek Tomatoes**

2 medium tomatoes chopped and mixed with 2 tablespoons feta and 1 squeeze lemon juice

#### **48. Shrimp Cocktail**

8 large shrimp with 2 tablespoons classic cocktail sauce

#### **49. Smoked Beef Jerky**

1 ounce

#### **50. Cheddar and Tomato Soup**

1 cup tomato soup with 1 tablespoon shredded low-fat cheddar cheese

#### **51. Kale Chips**

2 cups raw kale (stems removed), tossed with 1 teaspoon olive oil and baked at 400 degrees until crisp

#### **52. Sweet Potato Fries**

1 light bulb-sized sweet potato, sliced, tossed with 1 teaspoon olive oil, and baked at 400 degrees for 10 minutes

#### **53. Cucumber Sandwich**

1/2 English muffin with 2 tablespoons cottage cheese and 3 slices cucumber

#### **54. Turkey Roll-Ups**

2 slices smoked turkey rolled up and dipped in 2 teaspoons honey mustard

### **55. Wasabi Peas**

1/4 cup

### **56. Antipasto Plate**

3 pepperoncini, 1/2-inch cube cheddar cheese, 2 slices pepperoni, 2 extra-large olives

### **57. Pumpkin Seeds**

2 tablespoons pumpkin seeds, spritzed with oil, and baked at 400 degrees for 15 minutes or until brown, sprinkled with kosher salt

### **58. Choco-Soy Nuts**

3 tablespoons soy nuts with 1 teaspoon cocoa nibs

### **59. Mixed Olives**

8 large olives

### **60. Balsamic Veggies**

3 cups raw peppers, sliced, dipped in 2 tablespoons **balsamic reduction**

### **61. Cheesy Roasted Asparagus**

6 spears, spritzed with olive-oil spray, sprinkled with 2 tablespoons grated Parmesan cheese, and baked at 400 degrees for 10 minutes

### **62. Carrots and Hummus**

12 medium baby carrots with 2 tablespoons hummus

### **63. Spinach and Feta Egg White Scramble**

3 scrambled egg whites mixed with 1/2 cup raw spinach and 1 tablespoon feta cheese, cooked over the stove or in the microwave until egg whites are no longer runny

### **64. Crunchy Kale Salad**

2 cups chopped kale leaves tossed with 1 teaspoon honey and 1 tablespoon balsamic vinegar

**65. Chickpea Salad**

1/3 cup chickpeas tossed with 1 tablespoon sliced scallions, 1 squeeze lemon juice, and 1/4 cup diced tomatoes

**66. Grilled Garlic Corn on the Cob**

1 small corn cob brushed with 1 teaspoon sautéed minced garlic and 1 teaspoon olive oil, grilled until tender

**67. Pretzels and Cream Cheese**

15 mini pretzel sticks with 2 tablespoons fat-free cream cheese

**68. Bacon Brussels Salad**

7 thinly sliced Brussels spouts mixed with 1 crumbled piece turkey bacon

**69. Rosemary Potatoes**

1/3 cup thinly sliced potato tossed with 1 teaspoons olive oil and 1 teaspoon chopped fresh rosemary

**70. Spicy Black Beans**

1/3 cup black beans with 1 tablespoon salsa and 1 tablespoon nonfat Greek yogurt

**71. Caprese Salad**

1 ounce (about 1 hockey puck) fresh mozzarella with 1/3 cup cherry tomatoes and 2 teaspoons balsamic vinegar

**72. Goldfish Crackers**

38 crackers

**73. Chips and Salsa**

10 baked tortilla chips with 1/4 cup salsa

**74. Mini Ham Sandwich**

2 slices honey-baked ham with 2 teaspoons honey mustard, rolled in 1 lettuce leaf

**75. Lox Bagel**

1/2 whole-wheat mini bagel with 1 ounce (2 thin slices) lox

**Sweet and Salty Snacks**

**76. Apples and Peanut Butter**

1/2 slice apple dipped into 1/2 tablespoon natural peanut butter

**77. Apples and Cheese**

1 light mozzarella cheese stick with 1/2 sliced medium apple

**78. PB & Celery**

1 medium (about 6 inches long) celery stalk with 1 tablespoon peanut butter

**79. Cottage Cheese Melon Boat**

3/4 cup melon balls with 1/2 cup nonfat cottage cheese

**80. Carrot and Raisin Salad**

1 cup shaved carrots with 1 1/2 tablespoons raisins and 1 tablespoon balsamic vinegar

**81. Tropical Cottage Cheese**

1/2 cup nonfat cottage cheese with 1/4 cup each chopped mango and pineapple

**82. Blue Cheese-Stuffed Apricots**

3 dried apricots with 1 tablespoon crumbled blue cheese

**83. Rice Cake and Almond Butter**

1 rice cake (try **brown rice!**) with 2 teaspoons **almond butter**

**84. Sweet 'n' Spicy Pecans**

5 pecans roasted with 2 teaspoons maple syrup and 1 teaspoon cinnamon

**85. Chocolate Trail Mix**

8 almonds, 1/2 tablespoon chocolate chips, and 1 tablespoon raisins

**86. Chocolate-Hazelnut Crackers**

5 Wheat Thins dipped in 1/2 tablespoon Nutella or other hazelnut spread

**87. Strawberry Salad**

2 cups raw spinach with 1 cup sliced strawberries and 1 tablespoon balsamic vinegar

**88. Cacao-Roasted Almonds**

8 nuts