

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