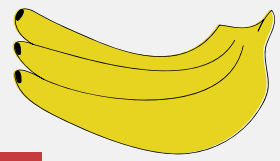
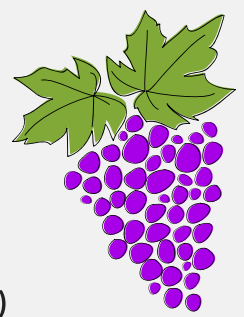


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CLEAN EATING SNACK IDEAS

Under 100 Calories

- 1 cup cherry tomatoes (27 cal) (GF, V)
- 2 celery stalks + 2 TBSP Salsa (30 cal) (GF, V)
- 10 Raspberries + 10 dark Chocolate Chips (35 cal) (GF)
- 10 Strawberries (40 cal) (GF, V)
- 1 TBSP roasted & unsalted sunflower seeds (46 cal) (GF, V)
- 50 blueberries dipped in Greek Yogurt and frozen (53 cal) (GF)
- 1 TBSP roasted & unsalted pumpkin seeds (56 cal) (GF, V)
- 2 cup air-popped popcorn- plain or with cayenne (60 cal) (GF, V)
- 10 Strawberries + 1 TBSP goat cheese (60 cal) (GF)
- 1/2 Red bell Pepper sliced + 2 TBSP Hummus (68 cal) (GF, V)
- 1 cup cucumber + 2 TBSP Hummus (68 cal) (GF, V)
- 1/4 cup guacamole + 1/2 cup cucumber slices (77 cal) (GF, V)
- 2 cup air-popped popcorn + 1 TBSP unsweetened cocoa powder (80 cal) (GF)
- 2 cup air-popped popcorn + 1 TBSP fresh grated parmesan cheese (80 cal) (GF)
- 1 TBSP chia + 2 TBSP unsweetened almond milk + 1/2 tsp honey (stir & sit 10 min) (85 cal) (GF)
- 2 cup air-popped popcorn + 1/2 TBSP honey (90 cal) (GF)
- 10 Baby Carrots + 2 TBSP Hummus (94 cal) (GF, V)
- 1 Apple, Sliced plain or + dash cinnamon (95 cal) (GF, V)
- 14 Almonds, roasted & unsalted (97 cal) (GF, V)
- 1/2 Grapefruit (52 cal) (GF, V)
- 1 Orange (62 cal) (GF, V)
- Hard Boiled Egg (72 cal) (GF)
- 1 cup Blueberries (79 cal) (GF, V)
- 10 baby carrots (40 cal) (GF, V)



100-199 Calories

- 1 cup Unsweetened Applesauce + cinnamon (100 cal) (GF, V)
- 1/4 Avocado diced, 1 Tomato diced, 1/4 cup red onion diced (100 cal) (GF, V)
- 1 Peach, halved + 1 tsp coconut oil + 1 tsp honey + dash cinnamon (Bake 350F, 25 min) (100 calories) (GF)
- 25 pistachios, roasted & unsalted (101 cal) (GF, V)
- 1 Pear (102 cal) or banana (105 cal) (GF, V)
- 4 Deglet Noor Dates + 4 Almonds (108 cal) (GF, V)
- 1 cup Frozen Grapes (110 cal) (GF, V)
- 2 celery stalks + 1 TBSP Natural peanut butter (112 cal) (GF, V)
- 1/4 cup salsa + 1/3 cup cooked quinoa (116 cal) (GF, V)
- 1/2 cup 2% Cottage Cheese + 1/2 cucumber, sliced (117 cal) (GF)
- 1/2 cup boiled shelled Edamame (120 cal) (GF, V)
- 6 oz Greek yogurt + 1/2 TBSP honey (121 cal) (GF)
- 1 Banana, sliced + 1 tsp honey + dash cinnamon (Bake 350F, 10 min) (125 calories) (GF)
- 2 celery stalks + 1 TBSP Natural Peanut butter + 12 raisins (130 cal) (GF, V)
- 6 oz Greek Yogurt + 1/2 apple, diced (131 cal) (GF)
- Brown Rice Cake + 1/4 sliced avocado (salt + pepper) (132 cal) (GF, V)
- 1/4 cup boiled shelled Edamame + 1 hard boiled egg (132 cal) (GF)
- 20 grapes dipped in Greek Yogurt and frozen (133 cal) (GF)
- 1/2 cup 2% Cottage Cheese + 1 sliced tomato + 3 sliced Fresh Basil leaves (135 cal) (GF)
- 1/2 cup 2% Cottage Cheese + 1/2 cup Cantaloupe (137 cal) (GF)
- 1/4 cup 2% Cottage Cheese + 1 Whole Grain Toast (140 cal)
- 6 oz Greek yogurt + cup mango or strawberries (144 cal) (GF)
- Brown Rice Cake + 1 TBSP almond butter or natural peanut butter (155-160 cal) (GF, V)
- 6 oz Greek Yogurt + 1/2 scoop Vanilla Protein Powder (156 cal)
- Blend: 1/2 cup unsweetened soy milk + 1 frozen banana + 1/2 tsp cocoa powder (156 cal) (GF, V)
- 1/2 cup 2% Cottage Cheese + 1 cup sliced mango or 1 sliced orange (170 cal) (GF)
- 6 oz Greek Yogurt + 1 cup sliced fresh Pineapple (171 cal) (GF)
- 6 oz Greek Yogurt + 2 tsp Natural Almond Butter or natural peanut butter (175/191 cal) (GF)
- 4 Dates or 10 baby carrots + 1 TBSP Natural Peanut Butter (180 cal) (GF, V)
- 1/2 cup 2% Cottage Cheese + 1 cup sliced fresh Pineapple or sliced apple (190 cal) (GF)
- 1 Apple slices + 1 TBSP sunflower butter, natural peanut butter or almond butter (190 cal) (GF, V)
- 1 scoop Vanilla Protein Powder + 1 cup Unsweetened Almond milk (190 cal)
- 1/4 cup guacamole + 1 oz baked corn tortilla chips (190 cal) (GF, V)
- Brown Rice Cake + 1 TBSP sunflower butter (193 cal) (GF, V)
- 1 Banana + 1 TBSP sunflower butter (198 cal) (GF, V)

200+ Calories

- 1 Banana + 1 TBSP Natural peanut butter (205 cal) (GF, V)
- 1 Banana + 1 TBSP almond butter (205 cal) (GF, V)
- 1 TBSP almond butter + 2 Ghiradelli dark chocolate squares (205 cal) (GF)
- Blend: 1 froz. banana, 1 apple, 1/2 cup spinach, 1/2 cup almond milk (206 cal) (GF, V)
- 1/2 cup 2% Cottage Cheese + 1 sliced pear (210 cal) (GF)
- Brown Rice Cake + 1 TBSP almond butter + 1/8 cup raisins (217 cal) (GF, V)
- Brown Rice Cake + 1 TBSP natural peanut butter + 1/8 cup raisins (223 cal) (GF, V)
- Brown Rice Cake + 1 TBSP sunflower butter + 1/8 cup raisins (255 cal) (GF, V)

GF = gluten free
V = Vegan

Go to: www.HealthyHappySmart.com

For more healthy clean eating tips, meal plans + food lists!