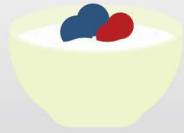


# SNACK COMBINATIONS (150-200 CALORIES EACH)

P = PROTEIN SOURCE, F = FAT SOURCE, C = CARBOHYDRATE SOURCE

Plain Greek yogurt (P) with chopped fruit (C) or berries and nuts (F)



Cottage Cheese (P) with fruit (C) and nuts (F)



1 ounce hard cheese (P) with 1 ounce whole-grain crackers (C)



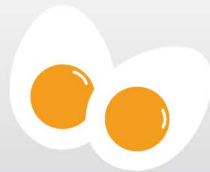
Sliced vegetables (C) with 2-3 tablespoons hummus (F)



1 piece of fruit (C) with 1 tablespoon of nut butter (F)



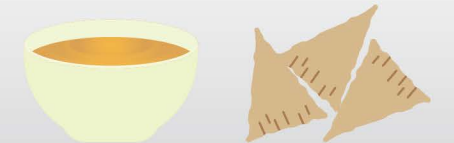
1 or 2 hard-boiled eggs (P & F)



String cheese (or 1 ounce of hard cheese) (P & F) with sliced fruit (C)



Half a pita (C) with sliced vegetables (C), and hummus (F)



1 ounce baked corn chips (C) with 2-3 tablespoons of guacamole (F)



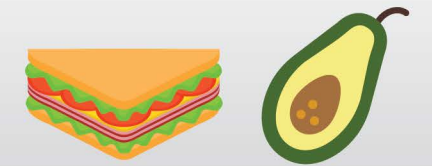
1-2 ounces of smoked salmon (or other lean protein) (P) on 1 slice toast (C) with sliced tomato & cucumber



1 cup of vegetable-based soup (C) with 1 tablespoon of shredded cheese (P & F)



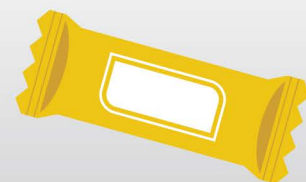
1/2 sandwich on whole grain bread (C) with lean protein (P) and 2-3 slices avocado



1 ounce of nuts (F) with 1 clementine or plum (C)



Whole foods protein bar (P, C & F) - check ingredients and look for a low sugar, minimally processed bar



1 apple, pear, or orange (C) with 1/2 ounce nuts (F)



1 ounce of fresh mozzarella cheese (P & F) with sliced tomato (C)

