

# Snack Ideas

## Low-Carb Snacks:

- Almonds, walnuts, pecans, 2 Tbsp.
- 2 T Blue Diamond Butter Toffee or Dark Chocolate Almonds (low sodium too!)
- Celery w/ 1 Tbsp. natural peanut butter
- Celery or cucumber w/ 1 wedge Laughing Cow Light cheese
- 1% cottage cheese, ½ cup
- Egg, hard-boiled (preferred: Omega 3 egg)
- Olives, 10-15
- Peanuts in shells- ½ cup, no shells-2 Tbsp.
- Reduced fat string cheese stick
- Tomato or V-8 juice, ½ cup
- Vegetables, raw, w/ 2 T. hummus
- 1 square 70 -85% dark chocolate
- 1-2 oz. sliced turkey or chicken in a lettuce leaf with spicy mustard

## 1 Carb (15 gram) Snacks:

- 1 serving fresh, frozen or canned (in Splenda) fruit w/ 2 Tbsp. nuts
- ½ turkey or chicken sandwich on 1 slice of 100% whole grain bread
- 6 whole-grain crackers with 1 slice low-fat cheese or one string cheese stick OR 2 T hummus
- 3 graham cracker squares with 1 Tbsp. natural peanut butter
- 2 brown rice cakes with 1 T nut butter
- ½ cup sugar-free pudding with 2 Tbsp. nuts
- ½ cup 1% cottage cheese with ½ cup fresh or canned fruit (in juice or Splenda)
- 9-13 flax or blue corn chips with ¼ c salsa and ¼ grated mozzarella cheese
- Quesadilla—2 corn tortillas filled with salsa and ¼ c 2% cheddar OR 1 corn tortilla folded over and filled with ¼ c beans and ¼ c cheese. Serve with more salsa.
- ½ c Greek yogurt (keep carbs <20 g)
- 3 cups light popcorn with 2 Tbsp. parmesan cheese or tossed with 2 T chopped walnuts or pecans
- 1 low-carb whole-grain tortilla roll-up with turkey or chicken and veggies

## 2 Carb (30 gram) Snacks:

- Whole sandwich on 2 slices whole-grain bread with 2-3 oz. turkey.
- Whole-grain tortilla wrap with turkey, ham or chicken and veggies and spicy mustard.
- ½ c plain Greek yogurt with 2 Tbsp. whole-grain cereal and ½ cup berries. Add Splenda or stevia for sweetness if needed.
- 12-15 flax or blue corn chips with 1/3c fat free bean dip and salsa
- ½ c dry old-fashioned oatmeal cooked in water and swirled with 2 T almond butter and cinnamon (this is a great meal replacement)
- Protein shakes—1 scoop whey protein in 8 oz. milk blended with ½ c frozen fruit of choice.