

Snack ideas

Limit 1 to 2 a day.

- 3 four inch celery sticks filled with flavored cream cheese, (preferably double whipped, or whipped). Check out your local bagel shop, they have great flavored cream cheeses. But stay away from those bagels ☺
- Pickle, Cheese, Olive on a toothpick. Use dill pickle chunks, and look for lowfat cheeses. You can have 4 of these.
- Sugar free jello . Make up your own, or look in your grocery store in the refrigerated dept. by the yogurts, puddings, etc. They come in convenient ½ cup six pack variety flavor packs. These are great topped with a dollop of Lite or Sugar free Coolwhip!
- Medifast pudding (if you need a meal) or (Sugar free jello pudding for a snack) with a dollop of Lite or Sugar Free Cool Whip. You can also get the 100 calorie packets of chocolate wafer cookies, and some mint chocolate chips.
Chop the cookies and the mint chips into small pieces with a big knife. Store them in separate baggies. Then sprinkle 1 tsp. of each on your pudding. This tastes absolutely delicious. And all for around 100 calories!!!
- Try mixing the cranberry mango drink with diet sprite or fresca and ice. Super refreshing and it's a meal or a snack!
- Boiled egg (if you haven't already had eggs today)
- Tuna salad – Mix 1 large can tuna packed in water (drained), and 2 to 3 tablespoons Lite or Miracle Whip Free, salt and pepper to taste, chopped dill pickle, green onion, chopped celery, (you could also add slivered almonds and chopped boiled egg) This recipe is great with shredded chicken for a chicken salad. Curry powder is good with the chicken too. This is great stuffed inside a quartered tomato, or on Romaine lettuce leaves.
Limit salad serving to ½ cup for a snack, but 1 cup would also be a great option for your lean and green meal with a side salad or vegetable.
- Side Salad - When looking for salad dressings, read the labels. Look for ones with under 5 carbs and under 5 grams of sugar per serving. There really are a lot of choices when you start looking. Make sure you check the shelves and also the refrigerated dressings.
- Cauliflower flowerets dipped in Lite Ranch dressing or dip. You can make your own using your Lite mayo or Miracle whip.

- Cucumber slices
- 12 whole unsalted almonds
- ½ cup lowfat cottage cheese for a snack or 1 cup for your protein in your Lean & Green
- Add sugar free raspberry syrup to Fresca or Diet Sprite for a flavored drink