



HEALTHY SNACKS

The Do Life Fit 24 Day Challenge

325 CALORIES OR LESS

½ cup non-fat Greek yogurt
10 almonds
½ cup berries

¼ cup hummus
2 brown rice cakes
1 cup bell peppers

5 hard boiled egg whites with one yolk
1 slice whole wheat bread
2tbsp avocado

½ cup 1% fat, low salt cottage cheese
1 small apple with 1tbsp natural nut butter
1 slice whole wheat cinnamon-raisin bread
1tbsp natural almond butter
4 hard boiled egg whites

10 whole grain crackers
¼ cup hummus
10 baby carrots

250 CALORIES OR LESS

½ English muffin
½ cup 1% fat low salt cottage cheese
½ cup pineapple

1 medium apple
1oz low fat cheddar cheese

5oz grilled chicken
2tbsp avocado
1 sliced cucumber

150 CALORIES OR LESS

1 small apple
1tbsp natural almond or peanut butter

½ whole wheat English muffin
1tbsp low fat cream cheese

1 orange
10 almonds
½ cup non-fat yogurt