

Healthier Alternative Snacks

Please be aware of recommended serving sizes

Crisp Minis – sweet chili, ketchup , dill pickle, ++

Rice cakes – Caramel , Chocolate chip, tomato basil ++

Sugar free Jello

Sugar free pudding

Popcorn

Protein bars (cliff builder bars are my favourite)

Dried Coconut (highly nutritious)

Fruits (apples & bananas are my daily go to)

Vegetables (my favourite's celery & cucumber)

Pickles

Greek yogurt – with protein powder+ berries

Low calorie Cool Whip with berries

Turkey Bites -sticks

Beef Jerky

If craving cake- pull up a protein cake mug recipe

Low calorie syrups – flavoured sweeteners available at winners & supplement stores

Bananas fried with honey (fell in love with this in Bali)

Protein balls- Google recipe

Ice – 0 calorie drinks

Calorie 10 – Cranberry juice (Endless Flavours)