

Snacks under 100 Calories!!

While snacking can be a fatal flaw to a healthy diet, there are smart snacks that can help boost metabolism, fight off hunger, and add healthy nutrition to your diet. We have put together a list of go-to snacks that are healthy, tasty, and are easy for on the go.

2 Laughing Cow Light Garlic & Herb Wedges on Cucumber Slices: Laughing Cow Cheese is a great snack to pack for lunch. They come in pre-sliced individual triangles so you can grab a few on your way out the door.

24 Bing Cherries: Cherries are packed with antioxidants that help reduce your chance of a heart attack.

1 Small Frozen Banana Dipped in Sugar-Free Chocolate Syrup: The bananas will freeze into a popsicle like consistency, and it's a great tasting alternative to satisfy your sweet tooth. Also, try 8 slices of bananas dipped in peanut butter (frozen)

1 oz Fat-Free Greek Yogurt and Raspberries: Greek yogurt has more protein than regular yogurt so you'll feel full until your next meal.

Roasted Brussels Sprouts with 1 oz of Prosciutto Roasted: Roast them in olive oil or coconut oil to get your healthy fats. If you're craving a savory addition to your greens, enjoy 1 oz of prosciutto.

½ Mango & 2 oz of Low-Fat Cottage Cheese: The flavor combination taste great. We also love peaches, cantaloupe, and pineapple in our cottage cheese!

1 oz Smoked Salmon (about 1 slice) on 4 Wheat Thins: Eat this for a mid-morning snack if you're hungry before lunch, as smoked salmon is full of protein to keep you feeling full throughout the day.

25 Pretzel Sticks: Pretzel sticks are quick, low-fat snack as long as you portion them correctly. Choose whole wheat and low sodium brands.

2 Tbsp of Original Hummus with Carrots: Hummus and vegetables are great, filling and full of fiber. Hummus is good with any kind of vegetable, so choose that route instead of chips or crackers if possible.

½ cup of Fresh Grilled Pineapple with 3 Extra Lean Slices of Ham: Grilled pineapple and ham is savory and may feel a little more indulgent than other snacks while still being guilt-free.

100 Calorie Popcorn Bag: Easy, convenient, and will always be a favorite. Stay away from topping your low calorie bag with butter and salt.

1 container of Yoplait 100 Greek Yogurt: Greek yogurt contains probiotic cultures, is lower in lactose, and has twice the protein content of regular yogurt.

2 cups Homemade Roasted Sweet Potato Chips made with Olive Oil: Make your own ahead of time instead of buying them from the store.

25 Pistachios: Pistachios contain fewer calories and have more potassium and vitamins than many other nuts. Not only are nuts a good source of protein, they also help with lowering your cholesterol.

16 Carrot and Cucumber Slices: Carrots and cucumbers are great, especially when paired with hummus or peanut butter.

1/3 cup of Oats & 1/3 cup of Fresh Blueberries: Oats stabilize blood sugar, lower your cholesterol and prevent heart disease. By adding blueberries, you get even more nutrients.

3 Egg White Omelet with 1 cup Spinach, 1 cup Mushrooms, & 1 Tomato Slice: This is a good breakfast to keep your energy levels up and tastes great.

15 Pretzels Dipped in 1 tsp Reduced-Fat Cream Cheese: Reduced-fat cream cheese is a good source of calcium and is okay to eat in small amounts.

1 Tbsp of Almond Butter and Apple Slices: We like to use almond butter as it's higher in fiber and has less carbs.

10 Asparagus Spears & 1 tbsp of Low-Fat Shredded Parmesan Cheese: Asparagus is a great source of fiber and vitamins A, C, K, and E and is delicious topped with some warm shredded Parmesan cheese.

Baked Zucchini Chips : You can make 30 of these chips for under 100 calories!

½ Sweet Potato Baked Wedges: Make Baked Wedges as a snack to squash your cravings for something sweet and salty.

1 cup of Frozen Berries: Freezing strawberries, raspberries, and blueberries make a good substitute for cold treats. Whatever frozen fruits are left over, throw them in a blender with ½ cup of skim milk for a breakfast smoothie.

3 Low-Fat Cheese Sticks: good amount of protein – about 7 grams per stick – which will help you feel full between meals. We recommend low-fat cheese to cut the fat by about half.

Red Frozen Grapes: They keep for a long time in a freezer safe bag and are one of our go to snacks for kids in the summer time.