

SNACK IDEAS

- ½ cup steamed edamame
- 1 hard-boiled egg with ½ slice whole wheat bread
- 1 cup reduced-fat, low-sodium chicken noodle soup with 2 whole-grain crackers
- 1 small (4inch) whole-wheat pita dipped with 1-tablespoon hummus
- 1 small high fiber tortilla with wedge of Laughing Cow Light Cream Cheese plus raw vegetables
- 1 slice whole wheat bread or small LA tortilla with 1-ounce roast turkey breast and mustard
- ½ cup 1% reduced fat cottage cheese with 1-cup cherry tomatoes
- 1 ounce reduced-fat cheese with 4 whole-grain crackers
- 2 graham-cracker squares spread with 1 teaspoon peanut butter
- 1 ounce of soycrisps
- 1 slice (1 ounce) angel food cake with ½ cup chopped fresh berries
- 4-tablespoon raisins or sweetened dried cranberries
- 2 fig bars
- 1-cup berries topped with ½ cup plain nonfat yogurt
- 1 banana, 2 kiwifruit or 2 cups cubed watermelon
- 1 apple, orange, or pear
- 25 frozen grapes
- 3 cups light microwave popcorn or airpopped with spray margarine
- ¾ cup dry high-fiber cereal
- 1 apple, sliced and spread with 1 teaspoon peanut butter
- ½ cup no sugar-added ice cream
- ¼ cup soy nuts
- ¼ cup nuts (ex. 20 almonds, 27 peanuts, 16 cashews, 12 walnuts)
- Skinny Cow Light Ice Cream Bar or Sandwich
- Health Choice Fudge Bar
- Nonfat or Light Yogurt
- TLC Kashi Chewy Bar
- 1 cup raw vegetables and 2 Tbsp. hummus
- Pria Bar (110 calorie)
- Wholegrain toast with 1 Tbsp. pumpkin or apple butter
- Frozen fruit bar
- 6 Reduced fat Triscuits

LUNCH IDEAS

BREADS	SPREADS & CONDIMENTS	FILLINGS	FRUITS (DRIED & FRESH)
high fiber bread bagel (whole grain) baguette bread sticks crackers English muffin (whole grain) focaccia lavash bread pita bread pizza bread rice cakes soy crisps rolls (whole grain) sandwich bread tortillas (high fiber) light flat out bread™	almond butter apple butter avocado (mashed) banana (mashed) brie cheese cashew butter cream cheese (lowfat) goat cheese honey hummus jam (spreadable fruit) ketchup mayonnaise / mustard peanut butter pesto pizza or tomato sauce pumpkin butter laughing cow cheese (light) olive tapenade	carrots (shredded) cheese (lite/low-fat) chicken chicken salad egg salad hard boiled egg turkey hot dogs lettuce shrimp salad sliced avocado sliced cucumber smoked salmon sprouts tofu tuna salad chicken sausage string cheese low fat deli meats	apples apricots Asian pears avocado bananas blueberries cherries cranberries dates figs mango papaya pears prunes raisins grapefruit grapes kiwi melon nectarines orange sections peaches pineapple plums raspberries strawberries tomatoes

VEGETABLES	TREATS	OTHER	OTHER GRAINS
asparagus beets bell peppers bok choy broccoli brussels sprouts cabbage carrots cauliflower celery cucumbers eggplant green beans green salad lettuce mushrooms seaweed (nori, wakame, hijiki) shelled peas snap peas soy beans (edamame) spinach squash sweet potatoes yams zucchini	apple crisp natural applesauce baked chips with salsa dried fruit fruit bar fruit leather granola - low fat homemade cookies light popcorn pretzels - whole grain trail mix vanilla yogurt with fruit low fat or non fat yogurt TLC Kashi Bar Pria Bar	baked tofu bean burrito cottage cheese with fruit polenta with pizza sauce and cheese baked beans and toast rice and beans low sodium soups and whole grain crackers	pasta rice couscous oatmeal bulgar quinoa barley beans lentils

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