



Snack Menus for 1000 Calories Per Day

These menus give you healthy snack options that are all approximately 50 calories

Snack 1

1 small orange 45 cals

Snack 2

8 almonds 46 cals

Snack 3

6 brown rice crisps 54 cals

Snack 4

½ medium banana 53 cals

Snack 5

1 oz (small square) dark chocolate 55 cals

Snack

1 oz (small handful) dried cherries or berries (no sugar added) 45 cals

Snack 7

10 pieces raw veggies: broccoli, carrots, peppers, and/or cauliflower 50 cals

Snack 8

1 small apple 50 cals