



Snack Menus for 1200 Calories Per Day

These menus give you healthy snack options that are all approximately 75 calories

Snack 1

1 medium orange 65 cal

Snack 2

12 almonds 80 cal

Snack 3

8 brown rice crisps 72 cal

Snack 4

$\frac{3}{4}$ medium banana 79 cal

Snack 5

1½ oz (small square and a ½) dark chocolate 83 cal

Snack 6

$\frac{1}{4}$ cup (small handful) dried cherries or berries (no sugar added) 75 cal

Snack 7

15 pieces raw veggies: broccoli, carrots, peppers, and/or cauliflower 75 cal

Snack 8

1 medium apple 75 cal