



## Snack Menus for 1400 Calories Per Day

These menus give you healthy snack options that are all approximately 100 calories

### **Snack 1**

1 large orange 98 cal

### **Snack 2**

16 almonds 96 cal

### **Snack 3**

10 brown rice crisps 90 cal

### **Snack 4**

1 medium banana 105 cal

### **Snack 5**

1¾ oz (small square and a ¾) dark chocolate 96 cal

### **Snack 6**

1/3 cup (small handful) dried cherries or berries (no sugar added) 98 cal

### **Snack 7**

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

1 tbs hummus 25 cal

### **Snack 8**

1 large apple 100 cal