



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

1 $\frac{3}{4}$ oz (small square and a $\frac{3}{4}$) 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