



Snack Menus for 1600 Calories Per Day

These menus give you healthy snack options that are all approximately 150 calories

Snack 1

1 large orange 98 cal

½ oz swiss cheese 55 cal

Snack 2

20 almonds 144 cal

Snack 3

10 brown rice crisps 90 cal

5 tbsp. salsa 50 cal

Snack 4

1 large banana 147 cal

Snack 5

2 oz (2 small squares) dark chocolate 140 cal

Snack 6

½ cup (small handful) dried cherries or berries (no sugar added) 150 cal

Snack 7

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

3 tbs hummus 75 cal

Snack 8

1 large apple 100 cal

½ tbs sunflower seed butter 50 cal