



Snack Menus for 1800 Calories Per Day

These menus give you healthy snack options that are all approximately 200 calories

Snack 1

1 large orange 98 cal

1 oz swiss cheese 110 cal

Snack 2

24 almonds 192 cal

Snack 3

15 brown rice crisps 144 cal

5/8 cup salsa 50 cal

Snack 4

1 large banana 147 cal

4 oz plain fat free yogurt 60 cal

Snack 5

2 oz (2 small squares) dark chocolate 140 cal

3/4 cup blackberries 56 cal

Snack 6

3/4 cup dried cherries or berries (no sugar added) 195 cal

Snack 7

20 pieces raw veggies: broccoli, carrots, peppers, and/or cauliflower 100 cal

4 tbs hummus 100 cal

Snack 8

1 large apple 100 cal

1 tbs sunflower seed butter 100 cal