



Snack Menus for 2000 Calories Per Day

These menus give you healthy snack options that are all approximately 250 calories

Snack 1

1 large orange 98 cal
1½ oz swiss cheese 165 cal

Snack 2

20 almonds 144 cal
4 whole walnuts 100 cal

Snack 3

18 brown rice crisps 180 cal
1 cup salsa 80 cal

Snack 4

1 large banana 147 cal
6½ oz plain fat free yogurt 96 cal

Snack 5

2 oz (2 small squares) dark chocolate 140 cal
1¼ cup blackberries 93 cal

Snack 6

1 cup dried cherries or berries (no sugar added) 250 cal

Snack 7

20 pieces raw veggies: broccoli, carrots, peppers, and/or cauliflower 100 cal
6 tbs hummus 150 cal

Snack 8

1 large apple 100 cal
1 ½ tbs sunflower seed butter 150 cal