Snack Menus for 2200 Calories Per Day

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

Snack 1
1 large orange 98 cals
1 ½ oz swiss cheese 165 cals

Snack 2
20 almonds 144 cals
4 whole walnuts 100 cals

Snack 3
18 brown rice crisps 180 cals
1 cup salsa 80 cals

Snack 4
1 large banana 147 cals
6½ oz plain fat free yogurt 96 cals

Snack 5
2 oz (2 small squares) dark chocolate 140 cals
1¼ cup blackberries 93 cals

Snack 6
1 cup dried cherries or berries (no sugar added) 250 cals

Snack 7
20 pieces raw veggies: broccoli, carrots, peppers, and/or cauliflower 100 cals
6 tbs hummus 150 cals

Snack 8
1 large apple 100 cals
1 ½ tbs sunflower seed butter 150 cals

This material is for informational purposes only and is not intended to be professional medical advice or treatment. Always seek the advice of a healthcare professional with any questions about personal healthcare status and prior to making changes in approaches to diet and exercise. This material is not a guarantee of coverage under any Episcopal Church Medical Trust (Medical Trust) health plan.