



Snack Menus for 2400 Calories Per Day

These menus give you healthy snack options that are all approximately 275 calories

Snack 1

1 large orange 98 cal
1½ oz swiss cheese 165 cal

Snack 2

20 almonds 144 cal
5 whole walnuts 140 cal

Snack 3

18 brown rice crisps 180 cal
1¼ cup salsa 100 cal

Snack 4

1 large banana 147 cal
8 oz plain fat free yogurt 120 cal

Snack 5

2 oz (2 small squares) dark chocolate 140 cal
1¾ cup blackberries 130 cal

Snack 6

1¼ cup dried cherries or berries (no sugar added) 263 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
1¾ tbs sunflower seed butter 160 cal