Healthy 100 Calorie Snacks to Enjoy

3 cups, air popped

14 almonds

½ cup edamame

½ small apple + 2 tsp PB

8 baby carrots + 2 tbsp hummus

1 cup jicama + salsa

½ cup non-fat plain yogurt + 1 tsp sunflower seeds

½ baked potato + salsa

1 cucumber + lime + chili

20 pistachios

10 baked corn chips with salsa

½ c low fat cottage cheese + cantaloupe

Healthy and Easy Meal Ideas

1 Whole Wheat tortilla 6” + ½ cup black beans + ½ cup tomato and chopped onion + ¼ cup low fat cheese + handful of spinach

1 Tostada (baked corn tortilla) + 2 tbsp guacamole + 1/3 cup low fat refried beans + 1 egg + diced red onion

1 cup of plain non fat yogurt + ½ cup of fruit (blueberries, strawberry, banana, raspberry) + 1 tbsp of nuts.

1 whole wheat waffe + 1 tbsp of peanut butter + 1 cup strawberries or any other fruit.

2 slices of whole wheat bread + 1/3 avocado + tomato + spinach + 1 slice of low fat cheese.

(20 oz) 2 cups of spinach + 1 small pear + 1 tsp of lemon juice + ½ tsp of ginger+ 16 oz of water or ice.