



Simple Snack Ideas

100kcal snacks savers

1 chopped apple with ½ tbsp peanut butter

100g 0% fat greek yogurt and handful of blueberries

1 carrot stick with 30g hummus

2 rice cakes with ½ tbsp peanut butter/1 tbsp low fat cream cheese

1 bag popcorn

1 slice of wholemeal toast with ½ sliced banana

200ml skimmed milk with 1 portion of fruit

1 scoop of protein powder mixed with water

1 x 150g skyr yogurt

1 treatsize chocolate bar

2 ryvita with with 30g light cream cheese and 4 sliced cherry tomatoes

1 ryvita with 80g drained tin of tuna and ½ tbsp light mayo

2 x Ice berg lettuce leaves filled with 80g drained tuna tina, 1 tpb light mayo, 1 cherry tomato and 1 spring oniong

1 small bag of popchips

2 rice cakes with 2 tbsp of cottage cheese and 4 cherry tomato

1 crumpet with 1tbsp low fat cheese

2 square of dark chocolate



150kcal snacks savers

1 slice of toast with ½ tbsp nut butter

150g yogurt with chopped apple

1 boiled egg on 1 slice of toast

Sandwich thin with 40g low fat cream cheese

1 chopped apple with 1 tbsp peanut butter

1 mini tortilla wrap toasted with 2 slices of ham and 20g low fat cheese

2 rice cakes with ½ apple sliced and 20g low fat cheddar cheese

2 mejdool dates with 10g melted dark chocolate

25g almonds (try roasting with chilli + cumin for extra flavour)

60g of hummus with carrot sticks/celery/pepper

1 slice of toast with 20g low fat cheddar cheese melted

Spicy chickpeas (½ tin of chickpeas roasted in oven in cumin + chilli for 20 min)

2 scrambled eggs with 2 cherry tomatoes + spring onion

Smoothie of 200ml skimmed milk, ½ scoop protein powder and 40g frozen berries