



Keep snacks simple at first (this may involve eating the same foods for a bit). For example, pick one ‘fake’ protein snack and one real food snack. As you get used to eating snacks, explore other options. **However, at some point you need to begin looking at snacks like they are small meals.** One protein shake/supplement a day is okay, but aim for real food the rest of the time.

Legend

- Proteins
- Carbs
- Fats
- Veggies
- Other

Hummus Snack Wrap
22 Protein | 19 Carbs | 6 Fats

- 2.5 oz Chicken Breast
- 2 TBSP Red Pepper Hummus
- 1 Whole Wheat Fajita Tortilla
- 1/4 Cup Spinach

Greek Yogurt
27 Protein | 26 Carbs | 6 Fats

- 1 Cup Low-Fat Greek Yogurt
- 1/2 TBSP Chia Seeds
- 1/3 Cup Oats
- 2 TBSP Sugar-Free Syrup

Mini Chicken Pizza
21 Protein | 17 Carbs | 4 Fats

- 2.25 oz Chicken Breast
- 1/8 Cup Low-Fat Shredded Mozzarella
- .5 Whole Wheat English Muffin
- 1/8 Cup Pizza Sauce

Mini Chicken Wrap
25 Protein | 16 Carbs | 6 Fats

- 3 oz Chicken Breast
- Sugar-Free Condiment
- 1 White Corn Tortilla

Berrie Protein Shake
38 Protein | 33 Carbs | 7 Fats

- 2 Scoops Meal Replacement Protein
- 1 Cup Mixed Berries
- 1 Cup 'Fairlife' Fat-Free Milk
- 2 oz of Ice

Mini Breakfast Burrito
21 Protein | 15 Carbs | 5 Fats

- 1 Large Egg
- 1 Slice Deli Ham
- 1/3 Cup Liquid Egg Whites
- Fajita Size Flour Tortilla

Mini Hamburger
30 Protein | 24 Carbs | 10 Fats

- 3 oz 93% Lean Ground Beef
- Mustard, Lettuce, Tomato, Pickle
- Small Hamburger Bun
- Sugar-Free Ketchup

Turkey & Rice Bowl
21 Protein | 15 Carbs | 5 Fats

- 2 oz 99% Lean Ground Turkey
- 1/8 cup Black Beans
- 1/8 Cup Brown Rice
- 1/8 Avocado

Protein Shake & Bagel
35 Protein | 39 Carbs | 7 Fats

- 2 Scoops Meal Replacement Protein
- 1/2 Whole Wheat Bagel
- 1/3 Cup 'Fairlife' Skim Milk
- 1/8 Cup Low-Fat Shredded Mozzarella

Cottage Cheese Cup
23 Protein | 14 Carbs | 5 Fats

- 3/4 Cup 1% Cottage Cheese
- 5 Almonds
- 1/2 Cup Raspberries

Healthy Pudding
23 Protein | 13 Carbs | 4 Fats

- 1 Scoop Meal Replacement Protein
- 1 Package Sugar-Free Pudding Mix
- 2 Cup Low-Fat Cottage Cheese
- 2 oz of Water

Turkey & Cheese
22 Protein | 19 Carbs | 6 Fats

- 1 Light Mozzarella String Cheese
- 1 Cup Sliced Cucumbers
- 4 oz Deli Turkey