

# SHAKE DAY SNACK OPTIONS

- 1 piece of string cheese
- 1 cup of grapes
- 1 cup of strawberries
- 1 large apple
- 10 baby carrots with ¼ cup hummus
- An orange and 5 or 6 almonds
- 10 cashew nuts
- 10 almonds
- 2 ounces of lean roast beef or turkey
- Half of a small avocado
- 1 hard-boiled egg and half of a sliced cucumber
- ¼ cup of cooked brown rice, with 1 fresh tomato and ½ ounce of hard cheese
- 4 mini rice cakes, with 2 tablespoons of lowfat cottage cheese
- 3 ounces of lowfat cottage cheese and 3 whole-wheat crackers
- ¼ cup fat-free ranch dressing, with mixed raw veggies
- 1 small baked potato, with ½ cup salsa and 2 tablespoons of fat-free sour cream
- One 5-ounce tossed salad with lettuce, tomato, cucumber, and ¼ cup fat-free dressing
- 10 ounces of coconut water
- ¾ cup of cooked edamame
- One 8-ounce nonfat, soy, or almond milk latte (no flavor syrups or sugar added)

## Snacks Around 200 Calories

- 25 almonds
- ¾ cup of strawberries with ½ cup of nonfat cottage cheese
- 4 ounces of grilled chicken
- Turkey-and-cheese roll-ups (144 calories): Cut 1 part-skim mozzarella cheese stick in half lengthwise. Roll about 1 ounce of sliced roasted turkey breast around one half of the cheese stick and repeat with the remaining cheese stick and another 1-ounce slice of turkey to make a total of two roll-ups.
- 3 ounces of deli turkey slices with 1 ounce of lowfat Cheddar cheese
- 1 apple with 1 tablespoon plus 1 teaspoon of peanut butter or almond butter
- 2 tablespoons of hummus with 2 rice cakes
- ½ cup slow-cooked oatmeal with ½ cup nonfat milk
- 6 whole-grain or multi-seed gluten-free crackers with 2 teaspoons of nut butter or hummus
- Half of a baked sweet potato (bonus when sprinkled with cinnamon)
- Half of a whole-wheat English muffin with 1 hard-boiled egg, sliced tomato, lettuce, and onion
- 1 small whole-wheat pita (4 inches in diameter) with ¼ cup of baba ghanoush
- 2 ounces of shrimp cocktail, with ¼ of an avocado and 1 tablespoon of cocktail sauce

