FAST & EASY SNACKS

- 2 fig bars & yogurt
- String cheese & a apple or pear
- Tortilla (6-8") with 1/2 cup refried beans & salsa
- Toasted English muffin with 1 TBSP peanut butter
- Assorted cut-up veggies with Ranch dressing
- "Lite" microwave popcorn spiced up with chili powder, garlic powder or grated Parmesan cheese
- Bowl of whole-grain cereal (Cheerios, Wheaties) dry or with milk and a banana
- Microwaved white or sweet potato topped with salsa & touch of sour cream
- Cup of soup & 4-5 crackers
- Medium slice of thin-crust cheese or veggie pizza
- 1/4 cup of soy nuts or almonds
- Higher fiber breakfast bar & a glass of milk
- 1/2 of a sandwich made with whole wheat bread, 2 slices of deli meat, lettuce, tomato & a little mustard & mayo
- Fruit smoothie- blend 1 cup yogurt, 1/2 cup frozen strawberries, 1/2 cup milk
- Nabisco 100 calorie snack packs
- Choose water, milk or 100% fruit juice to wash down your snacks