50 Snacks Under 150 Calories

1. ¾ cup plain Greek yogurt + ½ cup raspberries + 1 tsp. ground flax seeds
2. 10 almonds + 1 mandarin
3. 4 tbsp. hummus + vegetables
4. ½ avocado mashed with lime juice, garlic, and diced cherry tomatoes (guacamole)
5. 10 cashews + 1 small banana
6. 1.5 tbsp. natural peanut butter + celery
7. ¾ cup shelled edamame + salt & pepper
8. Medium apple + 1 tbsp. almond butter
9. Small banana + 10 almonds
10. Low sugar granola bar
11. ½ cup cottage cheese + ½ cup mango
12. 2 rice cakes + almond or peanut butter + slices of apple + cinnamon
13. 2 hard-boiled eggs
14. 2 cups plain air popped popcorn + nutritional yeast
15. Homemade low sugar, low fat muffin
16. 1 cup watermelon + ½ cup vanilla Skyr yogurt
17. 1 PC Blue Menu smoothie bar (frozen)
18. ½ cup unsweetened apple sauce + 2 arrowroot cookies + 4 walnuts
19. 1 cup mixed fruit salad + 1 tsp. chia seeds sprinkled on top
20. 1 small multigrain wrap + 2 slices low fat turkey + Dijon mustard
21. ¼ cup tzatziki + 2 Ryvita crackers + cucumber slices
22. 4 Triscuits + 2 wedges of low fat laughing cow cheese
23. 2 low fat baby bell cheeses + 15 grapes
24. ½ can tuna + 1 tbsp. plain Greek yogurt or low fat sour cream + 1 tsp. Dijon mustard + chopped celery + 3 Ryvita crackers
25. ½ cup cottage cheese + ½ cup diced strawberries + cracked pepper + 1 tsp. chia seeds
26. ½ cup PC six bean medley + diced peppers and spring onion + balsamic vinegar
27. ½ cup plain Greek yogurt + ½ cup frozen raspberries + ½ cup frozen mango + 1 tsp. ground flax/chia seeds + water = smoothie!
28. 8 cooked shrimp + cocktail sauce
29. 1/3 cup low fat ricotta cheese + lemon zest + sliced cucumber
30. 3 balls of bocconcini cheese + cherry tomatoes + fresh basil leaves + balsamic glaze
31. 1 cup watermelon + 2 tbsp. feta cheese + fresh mint
32. ½ cup sliced peaches + 3 slices prosciutto
33. ½ cup salsa + 8 Mary's Organic crackers
34. 20 baby carrots + ¼ cup plain Greek yogurt + 1 tbsp. ranch dressing
35. 1 grapefruit + 5 almonds
36. 2 energy bites + ½ cup honeydew melon
37. 1 small peach, diced + ½ cup diced cucumber + fresh mint + fresh basil + apple cider vinegar
38. ½ cup baked seasoned chickpeas
39. 2 pieces of baked falafel + 2 tbsp. tzatziki
40. 10 walnut halves + 2 tbsp. dried cherries
41. 1 egg + ¼ cup egg whites scrambled with ½ cup red pepper and ¼ cup onion
42. ¼ cup muesli cereal + ½ cup vanilla Skyr yogurt
43. 1 tbsp. chia seeds + 2 tbsp. quick oats + ½ cup milk + 1 tsp. cocoa powder + ½ tsp. vanilla + dash of cinnamon (soaked overnight to make pudding)
44. Small non-sweet latte
45. 2 brown rice cakes with ½ avocado and sliced tomato
46. 2 squares dark chocolate + ½ cup blueberries
47. ½ cup pineapple + ½ cup strawberries
48. 2 Medjol dates + 1 tbsp. pumpkin seeds
49. 1 whole grain toast + 1 tsp. almond butter
50. Raw veggies + ½ cup guacamole

Courtesy of your In-store Dietitian, Chantal de Laplante, RD
✉ Chantal.delaplante@loblaw.ca | ☎ 613-608-9674
Contact Chantal for more recipe ideas,
or to book a complimentary nutrition consultation or grocery store tour!