

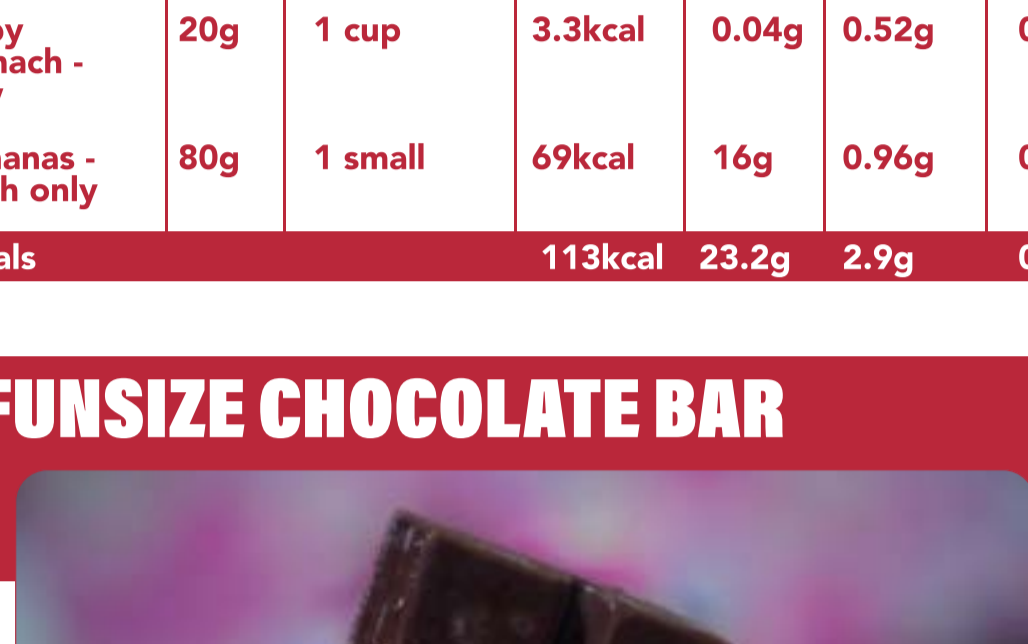
100 & 200 CAL SNACK RECIPES

CASHEW NUTS & AN APPLE



Food	Qty	Description	Calories	Carbs	Protein	Fat
Apples - raw, flesh and skin	120g	1 small	63kcal	13.8g	0.72g	0.6g
Cashew nuts - kernel only, plain	8g	4.44 whole	46kcal	1.3g	1.4g	3.9g
Totals			109kcal	15.1g	2.1g	4.5g

OATCAKES WITH PEANUT BUTTER



Food	Qty	Description	Calories	Carbs	Protein	Fat
Peanut butter - wholegrain	5g	1/3 heaped teaspoon	30.3kcal	0.36g	1.2g	2.7g
Oatcakes	19.2g	2 oatcakes	82kcal	11.3g	1.8g	3.2g
Totals			112kcal	11.6g	3.1g	5.9g

GREEN SMOOTHIE



Food	Qty	Description	Calories	Carbs	Protein	Fat
Water - tap - drinking	250g	1 cup	9kcal	0g	0g	0g
Kiwi fruit - flesh and seeds	60g	1 average portion	30.5kcal	6.3g	0.66g	0.3g
Cucumber - raw, flesh and skin	75g	1/2/4 sized cucumber	10.7kcal	0.9g	0.75g	0.45g
Baby spinach - raw	20g	1 cup	3.3kcal	0.04g	0.52g	0.12g
Bananas - flesh only	80g	1 small	69kcal	16g	0.96g	0.08g
Totals			113kcal	23.2g	2.9g	0.95g

FUNSIZE CHOCOLATE BAR



Food	Qty	Description	Calories	Carbs	Protein	Fat
Funsize chocolate bar	18g	1 per pack	96kcal	10.2g	1.4g	5.5g
Totals			96kcal	10.2g	1.4g	5.5g

GREEK YOGURT & KIWI Greek yogurt & kiwi



Food	Qty	Description	Calories	Carbs	Protein	Fat
Kiwi fruit - flesh and seeds	60g	1 average portion	30.5kcal	6.3g	0.66g	0.3g
Greek yogurt - plain, 0% fat	125g	1 average pot	72kcal	4.9g	13.2g	0g
Totals			103kcal	11.2g	13.9g	0.3g

RICE CAKES TOPPED WITH SOFT CHEESE SPREAD



Food	Qty	Description	Calories	Carbs	Protein	Fat
Reduced fat garlic, herb soft cheese	20g	0.67 per 30g portion	35.1kcal	1.2g	1.9g	2.5g
Rice cakes - plain, low salt	18g	1 average portion	63kcal	13g	1.3g	0.61g
Totals			98kcal	14.2g	3.2g	3.1g

DARK CHOCOLATE



Food	Qty	Description	Calories	Carbs	Protein	Fat
3 squares of dark chocolate	20g	2.86 large squares	108kcal	6.4g	1.8g	8.4g
Totals			108kcal	6.4g	1.8g	8.4g

HUMMUS & CARROT STICKS



Food	Qty	Description	Calories	Carbs	Protein	Fat
Carrots - raw	67g	1 NHS serving	22.8kcal	5.2g	0.34g	0.27g
Hummus - retail	30g	1 tbsp	89kcal	2.4g	2.3g	7.8g
Totals			98kcal	14.2g	3.2g	3.1g

Plan Total: 851kcal 100g 31.1g 36.6g

ALMOND PROTEIN BALL



Food	Qty	Description	Calories	Carbs	Protein	Fat
Almond protein balls	49g	1ball/pack	200kcal	20.1g	12g	8g
Totals			200kcal	20.1g	12g	8g

OATCAKES WITH PEANUT BUTTER



Food	Qty	Description	Calories	Carbs	Protein	Fat
Peanut butter - smooth	14g	1 heaped teaspoon	85kcal	1.7g	3.2g	7.3g
Oatcakes - nairns, organic	28.8g	3 oatcakes	122kcal	16.9g	2.7g	4.9g
Totals			207kcal	18.6g	5.9g	12.1g

GREEK YOGURT TOPPED WITH GRANOLA & RASPBERRIES



Food	Qty	Description	Calories	Carbs	Protein	Fat
Raspberries - raw	40g	10 raspberries	10.7kcal	1.8g	0.56g	0.12g
Lizis original granola	25g	1/2/2 cup (1 serving)	123kcal	11.5g	2.7g	7.3g
Greek yogurt - plain, 0%fat	125g	1 average pot	72kcal	4.9g	13.2g	0g
Totals			206kcal	18.2g	16.5g	7.4g

CASHEWS & A BANANA

Food	Qty	Description	Calories	Carbs	Protein	Fat
Cashew nuts - kernel only, plain	18g	10 whole	103kcal	3g	3.2g	8.7g
Bananas - ripe, raw, flesh only	120g	1 large	103kcal	24g	1.4g	0.12g
Totals			206kcal	27g	4.6g	8.8g

GREEK YOGURT WITH MANGO & MIXED SEEDS

Food	Qty	Description	Calories	Carbs	Protein	Fat
Mixed seeds	10g	0.1 serving	55kcal	1.5g	2.1g	4.5g
Greek yogurt - plain, low fat	125g	1 average pot	70kcal	4.3g	12.7g	0.25g
Mangoes - ripe, raw, flesh only	120g	3 slices	68kcal	16.8g	0.84g	0.24g
Totals			194kcal	22.6g	15.7g	5g

OATCAKES, CARROTS, CELERY & HUMMUS DIP

Food	Qty	Description	Calories	Carbs	Protein	Fat
Oatcakes - nairns, organic	19.2g	2 oatcakes	82kcal	11.3g	1.8g	3.2g
Celery - raw	60g	1 full stick	4.4kcal	0.54g	0.3g	0.12g
Carrots - old, raw	67g	1 NHS serving	22.8kcal	5.2g	0.34g	0.27g
Hummus - retail	30g	1 tbsp	89kcal	2.4g	2.3g	7.8g
Totals			198kcal	19.3g	4.8g	11.4g

A HANDFUL OF MIXED NUTS

Food	Qty	Description	Calories	Carbs	Protein	Fat
Mixed nuts - (no peanuts)	30g	1 average portion	189kcal	2.4g	5.1g	3.2g
Totals			189kcal	2.4g	5.1g	3.2g

TOAST WITH MARGARINE & A BANANA

Food	Qty	Description	Calories	Carbs	Protein	Fat
Margarine - Flora original	7g	1 average spread on 1 slice	28.5kcal	0.04g	0.01g	3.2g
Bananas - flesh only	80g	1 small	69kcal	16g	0.96g	0.08g
Bread - wholemeal, toasted	48g	1 average portion	120kcal	21.6g	5.4g	1.4g
Totals			217kcal	37.6g	6.4g	4.6g

Plan Total: 1617kcal 166g 71g 75g