

SNACKY SNACKS WITH BLUE MYWW SP

4 per serving

- Chex Mix, traditional (1/2 c.)
- Planter's cocktail peanuts (30)
- Planter's dry roasted peanuts (30)
- Sun chips, Multigrain snacks, original (15)
- Teddy graham graham snacks (10 pieces)
- Cheerios multi-grain cereal, dry (1 cup)
- Popcorners Kettle popped corn chips (1 oz)
- Cheez-It Reduced Fat White Cheddar Crackers (25 crackers)
- 1 cup red grapes, 2 oz. low fat cheddar cheese and 10 almonds
- 1/2 cup flake style imitation crab meat and 1 Tbsp. Lite Western dressing
- Vitalicious VitaTops, 100 calories, deep chocolate muffin top (1 vitatop)
- Kellogg's Special K Protein Greek yogurt and fruit granola snack bar (1 bar)
- One half of a Light English muffin with 1 tablespoon pasta sauce and 2 tablespoons shredded low-fat mozzarella cheese baked until bubbly
- Quaker Lower sugar maple and brown sugar (or apples and cinnamon) instant oatmeal (1 packet)
- Sandwich Bros. Egg White and Turkey Sausage Flatbread Pocket Sandwiches (1 pocket sandwich)
- Sandwich Bros. Turkey Sausage and Cheese Flatbread Pocket Sandwiches (1 pocket sandwich)
- A slice of reduced-calorie whole wheat bread toasted with 1 tablespoon peanut butter and banana slices
- Mini Larabar, apple pie fruit and nut bar (1 bar)
- Quaker Chewy Chocolate chip granola bar (1)
- Healthy Choice Greek Dark Fudge Swirl Frozen Yogurt
- Post Honey Bunches of Oats with almonds cereal (3/4 c.)
- South Beach diet snack bar, whipped peanut butter (1 bar)
- Wheat thins toasted chips, Great Plains Multigrain (13 chips)

3 per serving

- Keebler pretzel thins (8)
- Barbecue PopChips (18 chips)
- Keebler Club crackers, minis, multigrain (24)
- Apple slices with 1 tablespoon peanut butter
- Kashi TLC snack crackers, Original 7 grain (12 crackers)
- 1 brown rice cake with 2 tsp. peanut butter and strawberries
- Eight baked low-fat tortilla chips and 2 Tbsp. fat free black bean dip
- Emerald Cocoa roast dark chocolate almonds, 100 calorie pack (1 pack)
- Emerald Natural walnuts and almonds, 100 calorie pack (1 pack)
- 2 oz. honey ham lunch meat in an Ole High fiber low carb tortilla wrap
- Two stalks of celery with 1 tablespoon peanut butter
- Pringles Stix honey butter flavored snack sticks (1 pack)
- Sun-Maid Mini-snacks natural California raisins (1 box)

2 per serving

- 3 cups light microwave popcorn
- Pistachios, in shells (22)
- Crispix cereal, dry (1/2 cup)
- Fit & Active rice cakes (8 mini cakes)
- 3 oz. shrimp with 2 Tbsp. cocktail sauce
- Pop Secret Kettle corn popcorn (1 cup)
- Dannon Activia light nonfat yogurt, strawberry (1 container)
- One-half cup sliced or baby carrots and 2 tablespoons hummus
- Sensible portions garden veggie straws with sea salt (22 straws)
- Sargento Light Mozzarella Cheese stick wrapped in 2 oz. sliced turkey
- Tri-color pepper strips, 9 baked low-fat tortilla chips and fat-free salsa
- 1 pear, 1 Weight Watcher string cheese and 7 almonds
- Three ounces deli sliced turkey and sliced tomato on 1 slice whole-wheat bread
- Thick sliced carrots dipped in 2 Tbsp. guacamole (May vary by brand)
- Wheat thins whole grain crackers (8)
- Butterball thin and crispy turkey bacon (5 slices)
- Mini Wheats Frosted cereal, bite size, dry (1/2 cup)
- Carrots with 2 Tbsp. reduced fat ranch dressing
- Goldfish snack crackers, baked cheddar (30 pieces)

meal planning
MOMMIES

1 per serving

- Almonds (7)
- 1 pretzel rod
- Rold Gold Pretzel sticks (20)
- Butter flavored popcorn (1 cup)
- 1/4 c. fat-free black bean dip with fresh veges
- Boca Original vegan veggie burger (1 burger)
- grapes and 1 oz. low-fat cubed Swiss cheese
- 1/4 cup light vanilla yogurt and blueberries
- Old Wisconsin Snack sticks, turkey sausage (1 stick)
- Mini Baybel Light semisoft cheese (1) and fruit
- 3 slices turkey luncheon meat rolled in 3 lettuce leaves
- One Laughing Cow Light Garlic & Herb wedge spread on cucumber slices
- 1 Tbsp. low-fat cream cheese in 4 small pieces celery drizzled with hot sauce
- A medium apple or pear with 1 stick of Sargento Light mozzarella string cheese
- Nabisco Good Thins The Corn One, Sea Salt Corn and Rice Snacks (17 crackers)
- A bowl of blueberries and 2 Tbsp. lite whipped topping....oh my! So good!



0 per serving

- Bananas
- Apples
- Strawberries
- Blueberries
- Raspberries
- Grapes
- Tomatoes
- Watermelon
- Oranges
- Cucumber
- Broccoli
- Pineapple
- Cantaloupe
- Sweet red peppers
- Pears
- Mango
- Peaches
- Zucchini
- hard-boiled egg sprinkled with salt and pepper
- 1 scrambled egg with fat-free salsa
- 1 c. non-fat plain Greek yogurt with 1/2 c. blueberries or raspberries
- 1/2 c. non-fat plain Greek yogurt mixed with 1 Tbsp. Ranch seasoning mix served with 1 cup bell pepper strips
- Corn on the cob
- Edamame Pictsweet Farms Farm Snacks with sea salt (1 carton)
- Mott's Natural Applesauce, 1 container
- Musselman Lite Cinnamon Applesauce (4 oz.)
- A cup of broth based vegetable soup – Varies on the type (Some are zero... scan code to make sure!)