



Free Foods Quick Guide

These light extras are all around 25–30 calories or less. Use them in small portions (no more than twice a day) for flavor, crunch, or sweetness without slowing your progress.



Savory Bites

- Olives (2–3) → ~10–15 cal
- Pickles (1 spear) → ~5–10 cal
- Raw sauerkraut (2 Tbsp) → ~5 cal
- Cucumber slices with vinegar + salt → ~10 cal
- Cauliflower florets (1 cup raw) → ~25 cal
- Cherry tomatoes (5–6) → ~15 cal
- Bell pepper strips (3–4) → ~10–15 cal
- Celery sticks (2–3) → ~10 cal
- Seaweed snacks (½ pack) → ~15 cal
- 1 egg white (boiled, yolk removed) → ~17 cal
- 1 tsp hummus → ~20–25 cal
- 1 Tbsp leftovers from dinner → ~15–25 cal
- ½ slice (0.5 oz) low-fat Swiss cheese → ~25 cal



Sweet Little Fixes

- ¼ medium apple → ~24 cal
- ⅓ medium peach → ~20 cal
- Berries (¼ cup) → ~15–25 cal
- A couple bites (2 Tbsp) plain Greek yogurt → ~20 cal
- ½ cup unsweetened almond milk with stevia + cinnamon → ~15 cal
- One square (5g) dark chocolate (Ghirardelli) → ~25–30 cal
- 3–4 dark chocolate chips → ~20–25 cal
- Stevia-sweetened herbal tea with splash of almond milk → ~5–10 cal



Pro Tips

- Keep these to once or twice daily — they're a safety net, not mini snacks.
- Pair with water, sparkling water, or herbal tea to stretch the satisfaction.
- Think of them as a pause button — a couple bites or sips, then move on until your next meal.