



Free Foods

(Little Extras That Won't Derail You)

Sometimes you just want a little something between meals. These light extras are all around 25–30 calories or less. Used in small portions (no more than twice a day), they can give you flavor, crunch, or sweetness without slowing your progress.



Savory Bites

- Olives (2–3) → ~10–15 cal, salty and satisfying.
- Pickles (1 spear) → ~5–10 cal, tangy + crunchy, nearly calorie-free.
- Raw sauerkraut (2 Tbsp) → ~5 cal, probiotic-rich, supports digestion.
- Cucumber slices with vinegar + salt → ~10 cal, refreshing + hydrating.
- Cauliflower florets (1 cup raw) → ~25 cal, fiber-rich, crunchy.
- Cherry tomatoes (5–6) → ~15 cal, juicy + sweet.
- Bell pepper strips (3–4) → ~10–15 cal, colorful crunch.
- Celery sticks (2–3) → ~10 cal, great with lemon juice or vinegar.
- Seaweed snacks (½ pack) → ~15 cal, salty + crunchy.
- 1 egg white (boiled, yolk removed) → ~17 cal, lean protein boost.
- 1 tsp hummus → ~20–25 cal, creamy + flavorful.
- 1 Tbsp leftovers from dinner → ~15–25 cal, just a taste without becoming a snack.
- ½ slice (0.5 oz) low-fat Swiss cheese → ~25 cal, calcium + protein hit.



Sweet Little Fixes

- ¼ medium apple → ~24 cal, crisp + naturally sweet.
- ⅓ medium peach → ~20 cal, juicy + refreshing.
- Berries (¼ cup strawberries, raspberries, or blueberries) → ~15–25 cal, fiber + antioxidants.
- A couple bites (2 Tbsp) plain Greek yogurt → ~20 cal, light protein boost.
- ½ cup unsweetened almond milk with stevia + cinnamon → ~15 cal, cozy “mini latte.”
- One square (5g) dark chocolate (Ghirardelli) → ~25–30 cal, rich + satisfying.
- 3–4 dark chocolate chips → ~20–25 cal, melts slowly for a sweet bite.
- Stevia-sweetened herbal tea with splash of almond milk → ~5–10 cal, warm + comforting.



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.

👉 Want to see how free foods fit into your full day? Head back to [\[The Plan page\]](#).