

Free Foods Guide



Little extras that won't derail you — satisfying bites under 30 calories to enjoy once or twice a day.

They add flavor, crunch, or sweetness between meals — when paired with water, sparkling water, or herbal tea, they're even more satisfying without slowing your progress. 

Savory Bites

Light, salty, and satisfying options around 25-30 calories or less.

- **2-3 Olives** → ~10–15 cal
 - **1 Pickle spear** → ~5–10 cal
 - **Raw sauerkraut (2 Tbsp/ 28 g)** → ~5 cal
 - **Cucumber slices with vinegar + salt (~ ½ cucumber)** → ~10 cal
 - **Cauliflower florets (3.5 oz)** → ~25 cal,
 - **Cherry tomatoes (5–6 / 100 g)** → ~15 cal
 - **Bell pepper strips (3–4 / 70 g)** → ~10–15 cal
 - **Celery sticks (2–3)** → ~10 cal
 - **Seaweed snacks (½ pack / 5 g)** → ~15 cal
 - **1 egg white (boiled, yolk removed)** → ~17 cal
 - **1 tsp hummus (6 g)** → ~20–25 cal
 - **1 Tbsp leftovers (15 g)** → ~15–25 cal
 - **½ slice low-fat Swiss cheese (~0.5 oz)** → ~25 cal
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Sweet Little Fixes

Naturally sweet or lightly indulgent bites to enjoy in small portions.

- **¼ medium apple (35 g)** → ~24 cal
 - **⅓ medium peach (48 g)** → ~20 cal
 - **Berries (28 g)** → ~15–25 cal
 - **Plain Greek yogurt (2 Tbsp /28 g)** → ~20 cal
 - **Unsweetened almond milk (4 oz) + stevia + cinnamon** → ~15 cal
 - **Dark chocolate square (5g)** → ~25–30 cal
 - **Ghirardelli dark chocolate chips (3–4 / 3 g)** → ~20–25 cal
 - **Stevia-sweetened herbal tea + splash of almond milk (15 g)** → ~5–10 cal
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Bonus: Smart Sips

Drinks can make or break your progress. *Sip Smarter* shows you the best choices to stay hydrated and refreshed without hidden calories.

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 satisfaction and support hydration.
- A glass of water before or with these extras helps you feel fuller and keeps cravings in check.
- Think of them as a pause button — a couple bites or sips, then move on until your next meal.

What I Learned Along the Way

I used to think a handful here or a few bites there didn’t matter. But those little extras add up fast — and can quietly stall progress.

Once I started choosing light, low-calorie “free foods” intentionally and limiting them to once or twice a day, everything changed. They stopped being mindless nibbles and became powerful tools that helped me stay on track between meals — without slowing my results.

— Isabelle

 Visit **thrivewithisabelle.com/the-plan** to explore the full program and begin your own lasting change.