

# Snack List

- 2 sticks Low-fat cheese sticks
- ½ cup Low fat Cottage Cheese
- 2 Primal Meat sticks
- 100 Calorie Snack packs (pretzels, cookies, crackers, nuts)
- 1 boiled egg plus low-fat dressing of choice
- 2 Tbsp of plain hummus with veggies
- Low-fat Greek yogurt
- 1 serving of Fruit
- 3 cups of popcorn
- 100 Calorie muscle milk protein shake
- 1 cup of dry cereal
- Low-sugar snack pack pudding cups
- 10 crunch master crackers
- Fiber 1 bars
- Yasso Frozen yogurt bars

