

Snack Ideas - 200 cal

How to Use Our Menus

Mix and match the **200 calorie** menu ideas in this guide to create a meal plan that suits you and your lifestyle.

Tip: Don't like all the products in our menu ideas? Click on the **product images** for product alternatives in the same food category!

- 1 container Cottage Cheese Doubles + 3/4 c Pineapple
- 15 Baby Carrots + 1/4 c Hummus
- 1 box Raisins + 12 Almonds
- 1 container Yogurt + 1/4 c Granola
- 12 Crackers + 1/4 c Chicken Salad
- 1 Mini Bagel + 1 Tbsp Peanut Butter

