

Each of our plans includes 3 meals plus an additional 2-3 servings of fat-free or low-fat milk per day. Customers sometimes add snacks to their meals to help boost up their calories. Other choose their milk servings as "flex calories" to allow for snacks during the day.

If you add snacks in addition to your 3 meals per day and daily dairy servings, remember to add the calories to your daily total. If you turn your 100 calorie dairy serving into "flex calories", be sure to read nutrition labels.

All snacks are not created equal. Focus on snacks from whole, unprocessed sources. Pairing protein and high-fiber carbohydrates help keep you fuller longer. It's never a good idea to snack out of a box, carton, or bag...be sure to place your snack serving on a plate or bowl.



100 CALORIE SNACKS (1 FLEX SERVING)

- 1 cup Vegetables with 2 tbsp Hummus
- Medium Fresh Fruit (about the size of a fist)
- Hard-boiled egg
- Unsalted Nuts: 14 Almonds or 20 Pistachios
- 3 cups of Air-Popped Popcorn
- 1 serving Wasa Light Rye
- 6 Low-Sodium Triscuits
- 1/2 cup Low-Fat Cottage Cheese
- 1 container Fat-Free Greek Yogurt
- 1 Low-Fat String Cheese
- 1/2 cup Edamame
- 1 Frozen Fruit Bar
- 1 large stalk of Celery with 1 tbsp of Peanut Butter

200 CALORIE SNACKS (2 FLEX SERVINGS)

- Apple or Small Banana with 1 tbsp of Peanut Butter
- 12 Baked Tortilla Chips with 1/4 cup Salsa
- 1/2 Whole-Wheat Pita with 100-calorie Pack of Guacamole
- 1/2 cup Low-Fat Cottage Cheese with Fruit packed in juice
- 1 container Fat-Free Greek Yogurt with Fruit
- 1/4 cup Trail Mix
- Whole Grain Crackers (portions above) with 1 oz of Cheese
- 1 small Sprouted Grain Tortilla, 1 oz Melted Cheese & 2 tbsp of Salsa
- 1 oz Dark Chocolate with 1/2 cup Cherries (or other fruit)
- 1 cup Whole Grain Cereal with 1 cup of Milk