

Fight the 15™ Fit Food Options

Healthy and balanced snacks:

- 1 medium apple or 1c. celery w/ 1 Tbsp. natural peanut or almond butter
- 1c. lowfat cottage cheese w/ ½ c berries
- 1 scoop whey protein or 6oz fat free Greek yogurt + 1 tsp honey + 20 almonds
- 2 slice pita bread + 3 TBSP guacamole + 3 TBSP salsa + 1 TBSP 0% Greek yogurt
- 2oz lowfat cheese + 1 pc. Fruit (string cheese works great!)
- 1 small protein bar (approx 200 cal, at least 15g, protein, low sugar, low fat)
- 3oz. canned tuna mixed with 1-2 Tbsp light mayo spread on 6 whole wheat crackers + 1 c. baby carrots
- ½ c. sugar free-fat free chocolate pudding + 1 scoop chocolate whey protein powder, or 1c. sugar free jell-o topped w/ 1 tbsp. fat free whipped topping
- 1c. whole grain cereal + 1c. skim milk
- 1 slice Ezekiel bread + 1 TBSP natural nut butter + 1 tbsp fruit spread
- Fruit smoothie: combine 1 cup frozen fruit, 1 c. skim milk + 1 scoop vanilla whey protein powder w/ ice in a blender.
- Raw vegetables w/ t tbsp light ranch dressing + 2 oz. low sodium natural deli meat

- 1 cup natural (no butter) popcorn tossed with 1tsp grated parmesan cheese + salt + 1 oz. peanuts or cashews
- Turkey roll-ups: 3 slice low sodium natural deli turkey rolled around .5 oz each lowfat cheese
- “Pumpkin pie” : mix ½ c. canned pumpkin with pumpkin pie spice to taste. Microwave for 20-30 seconds. Serve on a cinnamon rice cake and top w. 2TBSP lowfat whipped topping

Notes:

- Combine protein with carbs, or protein with fat. Avoid eating carbs by themselves!
- Stick to natural, non-processed food choices as much as possible. When purchasing packaged items, choose the ones with the fewest ingredients
- Shop weekly for the items you use the most. Don't get caught off guard!
- Prepare meals and snacks in advance, or plan your family menu for the week before you do your shopping.