

10 SATISFYING SNACKS 100-CALORIES OR LESS



2 Pieces of Cheese
+ 5 Crackers



2 Chocolate Covered
Strawberries



1/2 Medium
Baked Potato
+ 2 Tbsp
Tomato Salsa



Handful of Almonds



2 Pieces of
Chocolate



3 Cups of
Popcorn



1 oz Mozzarella
Cheese
+ 1 Small Tomato
+ 1 Tsp. Balsamic
Vinegar



Sweet Potato
Fries = 1/2 Sweet
Potato Sliced
+ 1 Tsp Olive Oil
(Baked)



Glass of
Red Wine



1 small scoop of
sugar free vanilla
ice cream
+ 1 tsp sugar free
chocolate syrup