

# 10 SATISFYING SNACKS 100-CALORIES OR LESS



**1**<sup>1</sup>/<sub>4</sub> Cup of  
Blueberries

**100** Calorie  
Pack of Nuts



**6** Cucumber Slices  
**1** oz Cream Cheese



**1**/<sub>4</sub> Cup  
Ricotta Cheese  
**1**/<sub>4</sub> Cup  
Raspberries



**Deli Roll-Up**  
(1 Slice Deli Turkey + 1 Slice  
Light Swiss Cheese + 1 Lettuce  
Leaf + 1 Medium Tomato Sliced)



**3** Tbsp Hummus  
**10** Baby Carrots



**3** Clementines

**1**/<sub>2</sub> Medium Apple  
**2** Tsp Peanut Butter



**1** Stalk Celery  
**2** Tbsp Cream Cheese



**1** Large Hard  
Boiled Egg



# *SlimFast*<sup>®</sup>