10 Shelf-Stable Snacks, That'll Keep You On Track!



4 oz No-Sugar-Added Mixed Fruit Cups 45 CALORIES





3 Cups
Air Popped
Popcorn
CALORIES

1 Plain
Rice Cake
With 1 Tbsp
Peanut Butter
130 CALORIES





15 Cheese Whisp
Crackers
CALORIES



SlimFast Keto
Fat Bombs
CALORIES



1½ oz

Bag Of

130 CALORIES

Beef Jerky

Single Portion
Pack Of Almonds
CALORIES



4 oz No-Sugar-Added Applesauce Cup CALORIES



1 Cup Honey
Oat Cereal With
½ Cup Unsweetened
Almond Milk
115 CALORIES

