

# 15 Healthy Low-Calorie Snacks to Curb Your Mid-Day Cravings!

*155 Calories or Less!*



## HUNTER GRINDLE

## 1. Honeyed Greek Yogurt

Greek Yogurt 63 Calories

Cinnamon 5 Calories

Honey 21 Calories

89 CALORIES



**\*\* Mix ½ cup of non-fat Greek yogurt with a dash of cinnamon and 1 teaspoon of honey.**

## 2. Apple Slices



Sliced Apple 57 Calories

Sugar 32 Calories

Cinnamon 6 Calories

96 CALORIES

**\*\* Preheat oven to 200 degrees. Evenly lay out 1 cup of thinly sliced apples of a parchment lined baking sheet. Combine 2tsp of sugar and 1tsp of cinnamon. Sprinkle evenly over apple slices. Bake for 2 hours and enjoy!**

### 3. Carrots N' Hummus

Carrots 40 Calories

Hummus 50 Calories

80 CALORIES



**\*\* About 10 baby carrots, or slice on large regular carrot. Enjoy with 2tbsp of your favorite hummus!**



### 4. Guacamole Stuffed Egg Whites

Egg White 17 Calories

Guacamole 46 Calories

63 CALORIES

**\*\* Halve one hardboiled egg. Remove yolk and stuff with 2tbsp of guacamole (Avocado, Lime, Cilantro, and Salt).**

## 5. Greek Tomatoes

Tomato 22 Calories

Feta 25 Calories

Lemon Juice 4 Calories

51 CALORIES



**\*\* Chop one tomato (about the size of a tennis ball) and mix with 1tbsp of feta and a squeeze of lemon juice.**

## 6. Kale Chips

Kale 17 Calories

Olive Oil 40 Calories

57 CALORIES



**\*\* Remove stems of ½ cup raw kale, lay out on baking sheet, and drizzle with 1tsp of olive oil and bake at 400 degrees until crisp!**

## 7. Pumpkin Seeds

Pumpkin Seeds 36 Calories

Olive Oil 10 Calories

Salt 0 Calories

46 CALORIES



**\*\* Lay out 2tbsp of pumpkin seeds on a baking sheet. Add just a spritz of olive oil, and bake at 400 degrees until seeds are brown. Sprinkle with salt!**

## 8. Spicy Black Beans



Black Beans 55 Calories

Salsa 4 Calories

Non-Fat Greek Yogurt 25  
Calories

84 CALORIES

**\*\* Mix ¼ cup of black beans with 1tbsp of salsa. Top off with 1tbsp of non-fat Greek yogurt.**

## 9. Peanut Butter and Celery

Celery Stalk 6 Calories

Peanut Butter 94 Calories

100 CALORIES



**\*\* Chop 1 medium celery stalk about 1 ½ inch in length size bites, top with 1tbsp of peanut butter.**

## 10. Tropical Cottage Cheese



Non-Fat Cottage Cheese 62  
Calories

Mango 27 Calories

Pineapple 19 Calories

108 CALORIES

**\*\* Mix ½ cup of non-fat cottage cheese with ½ cup of freshly chopped mango and/or pineapple!**

## 11. Vanilla Banana Smoothie

Banana 67 Calories

Non-Fat Vanilla Yogurt 52 Calories

119 CALORIES



**\*\* In a blender, combine a handful of ice, ½ cup sliced banana and ¼ cup non-fat vanilla yogurt. Blend until smooth and enjoy!**

## 12. Banana Chips



Banana 105 Calories

Lemon Juice 31 Calories

136 CALORIES

**\*\* Preheat oven to 200 degrees. Slice 1 bananas and dip into 1/2 cup of freshly squeezed lemon juice. Lay out on non-stick baking sheet. Bake for 3 hours until crisp.**

## 13. Snap Peas and Hummus

Snap Peas 26 Calories

Hummus 75 Calories

101 CALORIES



**\*\* Serve one cup of fresh snap peas with a side of 3tbsp of your favorite hummus.**

## 14. Blueberry Banana Shake



Low-Fat Milk 102 Calories

Frozen Blueberries 20 Calories

Frozen Bananas 33 Calories

155 CALORIES

**\*\* In a blender combine 1 cup of low-fat milk,  $\frac{1}{4}$  cup of frozen blueberries and  $\frac{1}{4}$  cup of frozen bananas. Blend until smooth and enjoy!**

## 15. Mocha Yogurt Parfait

Instant Coffee 4 Calories

Low-Fat Vanilla Yogurt 96 Calories

Sliced Strawberries 18 Calories

Low-Fat Granola 28 Calories

148 CALORIES



**\*\*Combine 1/2tsp instant coffee with 6oz of low-fat vanilla yogurt. Mix until coffee is dissolved. Place half the mixture into a bowl, add 1/3 cup sliced strawberries and top with remaining yogurt and 1tbsp low-fat granola.**

## ***About the Author:***

***Hunter Grindle, Owner and Head Trainer of Hybrid Fitness Systems, runs a private studio out of Owls Head, Maine. He specializes in helping woman lose weight using sustainable, up to date, safe methods. His unique training philosophy includes the combinations of High-Intensity Interval Training and Strength Training.***

***You can find more of his training programs at:***

***<http://hybridfitnesssystems.com/>***

