












Snack Options - Milk-based Yogurts		Calories kcal	Carbs g	Fat g	Protein g	Sugar g	Fiber g	Sodium Mg
	Kirkland Signature Plain Nonfat Organic Greek Yogurt	100	7	0	18	4	0	125
	Tillamook Plain & Simple Greek Yogurt	140	6	4	18	4	0	50
	Maple Hill Plain 100% Grass-Fed Organic Greek Yogurt	150	9	7	15	8	0	65
	Dannon Two Good Plain Greek Yogurt	80	3	2	12	2	0	25
	Dannon Two Good Mixed Berry Greek Yogurt	80	3	2	12	2	0	25
	Chobani Plain Non-Fat Greek Yogurt	90	6	0	16	4	0	50
	Dannon Light and Fit Strawberry Greek Yogurt	80	8	0	12	6	0	55
	Kroger Plain Nonfat Greek Yogurt	100	7	0	17	7	0	115
	Yoplait Vanilla Greek 100 Protein Yogurt	100	10	0	15	7	0	55
	Stonyfield Organic Plain Greek Yogurt	90	7	0	16	5	0	65
	Dannon Oikos Plain Nonfat Greek Yogurt	80	6	0	15	6	0	0
	Fage Total Plain Greek Yogurt	90	5	0	18	5	0	65



Fage - 2% Plain Greek Yogurt, 5 ounce

140	6	4	20	6	0	65
110	10	3	12	8	0	50
140	10	0	25	9	0	100



Chobani Gili Cherry Less Sugar Greek Yogurt



Powerful Yogurt - Greek Non-fat Yogurt, 1 cup

Snack Options - Yogurt Alternatives		Calories kcal	Carbs g	Fat g	Protein g	Sugar g	Fiber g	Sodium Mg
-------------------------------------	--	---------------	---------	-------	-----------	---------	---------	-----------

Silk Almondmilk Dark Chocolate Coconut

190	21	11	5	0	3	55
-----	----	----	---	---	---	----



So Delicious Coconut Milk Yogurt

130	22	4	1	16	2	0
-----	----	---	---	----	---	---



Kite Hill Dairy-Free Artisan Almond Milk Yogurt

140	8	11	4	5	2	10
-----	---	----	---	---	---	----



Forager Project Organic Dairy-Free Cashewmilk Yogurt

140	19	6	3	12	1	10
-----	----	---	---	----	---	----



Nancy's Probiotic Oat Milk Non-Dairy Yogurt

100	16	2	6	7	2	0
-----	----	---	---	---	---	---



Silk Dairy-Free Yogurt Alternative, plain .75 oz

110	10	4	7	5	2	65
-----	----	---	---	---	---	----

Snack Options - Savory and Crunchy		Calories kcal	Carbs g	Fat g	Protein g	Sugar g	Fiber g	Sodium Mg
------------------------------------	--	---------------	---------	-------	-----------	---------	---------	-----------



Cucumber - Large Cucumber, 1 larger

34	6	0	2	4	2	2
----	---	---	---	---	---	---















Sugar Snap - Peas, 1 cup











40	7	0	2	3	2	40
----	---	---	---	---	---	----






Baby Carrots - Baby Carrots, 12 carrots





35	8	0	0	8	2	13
----	---	---	---	---	---	----



Snack Options - Savory and Crunchy		Calories kcal	Carbs g	Fat g	Protein g	Sugar g	Fiber g	Sodium Mg
	Cauliflower, 1 cup, chopped	27	5	0	2	2	2	30
	Broccoli, 1 cup, chopped	31	6	0	3	2	2	24
	hummus - Hummus, 2 tbsp	60	5	4	2	0	2	105
	Lantana Black Bean Hummus - Hummus, 2 tbsp	45	5	2	2	0	2	150
	Marzetti - Dill Dip Light, 2 tablespoons	45	3	3.5	1	2	0	200*
	Kroger Thick and Chunky Salsa, 4 tbsp	30	6	0	0	0	1	110
	Egg, 1 large	72	0	5	6	0	0	70
	Cashews - Raw Cashews, 0.25 cup	160	8	12	5	2	1	0
	Emerald - 100 Calorie Packs 7 Packs, 1 Pack (18g)	100	4	9	3	1	2	0
	Fresh Fruit - Grapes, 1 cup	62	16	0	1	15	1	0
	Blueberries - Fresh Blueberries - Michigan, 1 cup	85	21	1	1	15	4	1
	Raspberries, 1 cup	64	15	1	1	5	8	1

	Blackberries, 1 cup	62	14	1	2	7	8	1
	Fskm Apple - Raw Apple, Sliced, With Skin, 1 apple medium	95	25	0	0	19	4	0
	Natural Peanut Butter - Peanut Butter, 1 Tbsp	100	7	8	4	2	3	55
	Ferris - Cherries Berries & nuts, 1 oz	140	14	9	3	9	0	55
	Planters - Nuts & Chocolate -trail Mix- 170g, 3 tbsp (33g)	170	14	11	5	10	2	60
	Indulgent Trail Mix - Trail Mix, 0.25 CUP	150	16	9	0	13	1	43
Snack Options - Savory, Crunchy and a bit higher in sodium		Calories kcal	Carbs g	Fat g	Protein g	Sugar g	Fiber g	Sodium Mg
	Smokehouse almonds - Almonds, 28 nuts	170	5	16	6	1	3	150*
	Premium Orchard Pumpkin Seeds - Roasted Pumpkin Seeds, 0.25 cup	144	14	8	5	0	5	170*
	Claussen - Hot & Spicy Dill Pickles, 1 Pickle	5	1	0	0	0	0	270*
	Saffron Road - Falafel Crunchy Chickpeas, 0.25 Cup (30g)	123	17	4	6	1	5	190*

* = higher sodium food

Snack Options - Other additives		Calories kcal	Carbs g	Fat g	Protein g	Sugar g	Fiber g	Sodium Mg
	Chia seeds, 1 tsp	24	2	2	1	0	2	1
	Slivered - Almonds, 1 tablespoon	50	1	4	1	0	0	45
	Original PB2 - Pb2., 13 grams (2 Tbsp)	60	5	2	6	2	1	70
SNACK OPTION								

Snack Options - creamy chocolate peanut butter mouse		Calories kcal	Carbs g	Fat g	Protein g	Sugar g	Fiber g	Sodium Mg
	Original PB2 - Pb2., 13 grams (2 Tbsp)	60	5	2	6	2	1	70
	Dannon Two Good Vanilla Greek Yogurt (1 cont)	80	3	2	12	2	0	25
	Chocolate Sugar Free Pudding (2Tbsp)	30	7	0.5	1	0	1	250
Total:		170	15	4.5	19	4	2	345
	add in: Pecans or slivered almonds (1 Tbs)	50	1	4	1	0	0	45

Dairy milk alternatives		Calories kcal	Carbs g	Fat g	Protein g	Sugar g	Fiber g	Sodium Mg
Hot or cold Mocha coffee								
1 cup brewed coffee plus:								
	Silk - Dark Chocolate, 0.13 cup	13	2	0	0	2	0	28
	Silk Coconut Milk - Unsweetened Coconut Milk, 240 ml	45	1	5	0	0	1	45

Snack Options - Milk-based Yogurts	Ingredients	
 <p>Kirkland Signature Plain Nonfat Organic Greek Yogurt</p>	<p>organic pasteurized grade a nonfat milk, live and active cultures (streptococcus thermophilus, lactobacillus bulgaricus, lactobacillus acidophilus, bifidus, lactobacillus casei).</p>	
 <p>Tillamook Plain & Simple Greek Yogurt</p>	<p>Pasteurized Skim Milk and Cream, <u>Live Active Cultures</u>: S. Thermophilus, Bifidobacterium sp., B. Lactis, L. Acidophilus, L. Casei, L. Rhamnosus, L. Lactis, L. Bulgaricus</p>	
 <p>Maple Hill Plain 100% Grass-Fed Organic Greek Yogurt</p>	<p>organic pasteurized grade a nonfat milk, live and active cultures (S. thermophilus, L. delbrueckii subsp. bulgaricus).</p>	
 <p>Dannon Two Good Plain Greek Yogurt</p>	<p>Cultured Reduced Fat Milk, Water, Less Than 1%: Tapioca Starch, Lemon Juice Concentrate, Gellan Gum, Vitamin D3, Active Yogurt Cultures L. bulgaricus & S. thermophilus.</p>	
 <p>Dannon Two Good Mixed Berry Greek Yogurt</p>	<p>Cultured Reduced Fat Milk, Water, Less Than 1%: Tapioca Starch, Lemon Juice Concentrate, Gellan Gum, Vitamin D3, Active Yogurt Cultures L. bulgaricus & S. thermophilus.</p>	
 <p>Chobani Plain Non-Fat Greek Yogurt</p>	<p>Cultured Nonfat milk, live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Casei</p>	
 <p>Dannon Light and Fit Strawberry Greek Yogurt</p>	<p>cultured non fat milk, water, strawberries, fructose, less than 1%: banana puree, annatto extract & black carrot juice (for color), natural & artificial flavors, modified food starch, xanthan gum, acesulfame potassium, sucralose, malic acid, potassium sorbate (to maintain freshness), vitamin d3, active yogurt cultures l. bulgaricus & s. thermophilus</p>	
 <p>Kroger Plain Nonfat Greek Yogurt</p>	<p>cultured ultrafiltered nonfat milk, natural flavor, vitamin a palmitate, vitamin d3, active cultures</p>	
 <p>Yoplait Vanilla Greek 100 Protein Yogurt</p>	<p>pasteurized grade a nonfat milk, fructose, vitamin d3. contains 0.5% or less of: corn starch, natural flavor, potassium</p>	
 <p>Stonyfield Organic Plain Greek Yogurt</p>	<p>Cultured Pasteurized Organic Whole Milk. 5 Live Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Paracasei.</p>	
 <p>Dannon Oikos Plain Nonfat Greek Yogurt</p>	<p>CULTURED GRADE A NON FAT MILK, CONTAINS ACTIVE YOGURT CULTURES INCLUDING S. THERMOPHILUS AND L. BULGARICUS.</p>	
 <p>Fage Total Plain Greek Yogurt</p>	<p>Grade A Pasteurized Skimmed Milk, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).</p>	



Fage - 2% Plain Greek Yogurt, 5 ounce

Grade A Pasteurized Skimmed Milk and Cream, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).



Chobani Gili Cherry Less Sugar Greek Yogurt

Cultured lowfat milk, water, cane sugar, cherry puree, fruit pectin, natural flavors, vegetable juice concentrate (for color), locust bean gum, lemon juice concentrate, guar gum.



Powerful Yogurt - Greek Non-fat Yogurt, 1 cup

Cultured Pasteurized Nonfat Milk, 7 Live Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus Bifidus, L. Casei, L. Lactis, L. Rhamnosus.

Snack Options - Yogurt Alternatives

Ingredients



Silk Almondmilk Dark Chocolate Coconut

Almondmilk (Filtered Water, Almonds), Cane Sugar, Contains 2% or Less of: Cocoa (Processed With Alkali), Pectin, Calcium Citrate, Natural Flavor (Contains Coconut), Citric Acid, Live and Active Cultures, Tricalcium Phosphate, Vitamin D2



So Delicious Coconut Milk Yogurt

Organic Coconutmilk (Filtered Water, Organic Coconut Cream), Organic Cane Sugar, Rice Starch, Contains 2% or less of: Natural Flavor, Calcium Citrate, Pectin, Locust Bean Gum, Citric Acid, Live and Active Cultures, Vitamin D2, Vitamin B12.



Kite Hill Dairy-Free Artisan Almond Milk Yogurt

Almond Milk (Water, Almonds), Cane Sugar, Locust Bean Gum, Xanthan Gum, Agar, Live Active Cultures: S.Thermophilus, L.Bulgaricus, L.Acidophilus, Bifidobacteria.



Forager Project Organic Dairy-Free Cashewgurt

Cashewmilk (Filtered Water, Cashews*), Cane Sugar*, Tapioca Starch*, Pectin, Locust Bean Gum*, Natural Flavor*, Vanilla Beans*, Lemon Juice Concentrate*, Coconut Cream*, Live Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Lactis, L. Plantarum). *Organic



Nancy's Probiotic Oat Milk Non-Dairy Yogurt

Oatmilk (Water, Whole Oat Flour), Faba Bean Protein, Organic Cane Sugar, Tapioca Flour, Coconut Oil, Cold Brew Coffee Concentrate, Coffee Natural Flavor, Vanilla Natural Flavor, Vanilla Extract, Fruit and Vegetable Juice (For color), Agar, Citric Acid, LIVE NON-DAIRY YOGURT CULTURES: S. thermophilus, L. bulgaricus. LIVE NON-DAIRY PROBIOTIC CULTURES: Bifidobacterium lactus BB-12, L. acidophilus, L. rhamnosus LGG



Silk Dairy-Free Yogurt Alternative, plain .75 oz

Soymilk (Filtered Water, Soybeans), Cane Sugar, Corn Starch, Tricalcium Phosphate, Pectin, Natural Flavor, Dipotassium Phosphate, Sea Salt, Citric Acid, Live And Active Cultures, Mixed Tocopherols And Vitamin C Ester (to protect freshness), Vitamin D2.

Snack Options - Savory and Crunchy

Ingredients



Cucumber - Large Cucumber, 1 larger

Cucumber
















Sugar Snap - Peas, 1 cup

Sugar Sanp Peas



Baby Carrots - Baby Carrots, 12 carrots

Baby Carrots

	Snack Options - Savory and Crunchy	Ingredients	
	Cauliflower, 1 cup, chopped	Cauliflower	
	Broccoli, 1 cup, chopped	Broccoli	
	hummus - Hummus, 2 tbsp	White Beans, Water, Canola and Olive Oil, Tahini (Ground Sesame), Roasted Garlic, Red Peppers, Garlic, Vinegar, Salt, Citric Acid, Spices, Natural Flavor.	
	Lantana Black Bean Hummus - Hummus, 2 tbsp	Black Beans, Water, Tomato Paste, Canola and Olive Oil, Tahini (Ground Sesame), Apple Cider Vinegar, Red Peppers, Corn, Garlic, Pineapple, Sugar, Salt, Spices, Chipotle Pepper, Citric Acid, Lime Juice Concentrate, Potassium Sorbate to Maintain Freshness, Natural Flavor, Dried Garlic, Dehydrated Cilantro, Paprika.	
	Marzetti - Dill Dip Light, 2 tablespoons	CREAM (MILK, CREAM), SKIM MILK, WATER, DISTILLED VINEGAR, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SUGAR, MODIFIED CORN STARCH, SALT, ONION*, YEAST EXTRACT, EGG YOLK, DILLWEED, LACTIC ACID, BUTTERMILK, DEXTROSE, NATURAL FLAVOR, GELATIN, GUAR GUM, MONO AND DI-GLYCERIDES, CULTURED WHEY, XANTHAN GUM, GARLIC*, SPICE, SODIUM PHOSPHATE, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS. *DRIED	
	Kroger Thick and Chunky Salsa, 4 tbsp	Crushed Tomatoes (water, crushed tomato concentrate), Diced Tomatoes In Tomato Juice, Jalapeno Peppers, Onions, Vinegar, Dried Onion, Sugar, Salt, Dried Garlic, Natural Flavor.	
	Egg, 1 large	Egg	
	Cashews - Raw Cashews, 0.25 cup	Raw Cashews	
	Emerald - 100 Calorie Packs 7 Packs, 1 Pack (18g)	Almonds, Walnuts, Vegetable and Nut Oil Blend (Almond, Brazil Nut, Canola, Cashew, Peanut, Pecan, Safflower, Sunflower, and/or Walnut Oils).	
	Fresh Fruit - Grapes, 1 cup	Grapes	
	Blueberries - Fresh Blueberries - Michigan, 1 cup	Blue berries	
	Raspberries, 1 cup	Raspberries	



Blackberries, 1 cup

Blackberries



Fskm Apple - Raw Apple, Sliced, With Skin, 1 apple medium

Apple



Natural Peanut Butter - Peanut Butter, 1 Tbsp

Peanuts



Ferris - Cherries Berries & nuts, 1 oz



Planters - Nuts & Chocolate -trail Mix- 170g, 3 tbsp (33g)

PEANUTS, M&M'S® MILK CHOCOLATE CANDIES (MILK CHOCOLATE [SUGAR, CHOCOLATE, SKIM MILK, COCOA BUTTER, LACTOSE, MILKFAT, SOY LECITHIN, SALT, ARTIFICIAL FLAVORS], SUGAR, CORNSTARCH, LESS THAN 1% - CORN SYRUP, DEXTRIN, COLORING [INCLUDES BLUE 1 LAKE, YELLOW 6, RED 40, YELLOW 5, BLUE 1, RED 40 LAKE, BLUE 2 LAKE, YELLOW 6 LAKE, YELLOW 5 LAKE, BLUE 2], GUM ACACIA), RAISINS, ALMONDS, PEANUT OIL, SEA SALT, HIGH OLEIC SUNFLOWER OIL.



Indulgent Trail Mix - Trail Mix, 0.25 CUP

Snack Options - Savory, Crunchy and a bit higher in sodium

Ingredients



Smokehouse almonds - Almonds, 28 nuts

ALMONDS, VEGETABLE OIL (ALMOND, CANOLA AND/OR SAFFLOWER), SALT, CORN MALTODEXTRIN, NATURAL HICKORY SMOKE FLAVOR, YEAST, HYDROLYZED CORN AND SOY PROTEIN, NATURAL FLAVORS.



Premium Orchard Pumpkin Seeds - Roasted Pumpkin Seeds, 0.25 cup

Pumpkin Seeds, Sea Salt, And Citric Acid.












Claussen - Hot & Spicy Dill Pickles, 1 Pickle

Fresh Cucumbers, Water, Vinegar, Salt, Contains Less Than 2% Of Dried Red Bell Peppers, Dried Garlic, Calcium Chloride, Sodium Benzoate (to Preserve Flavor), Spice, Mustard Seed, Natural Flavor (contains Celery), Polysorbate 80, Turmeric Oleoresin.



Saffron Road - Falafel Crunchy Chickpeas, 0.25 Cup (30g)

* = higher sodium food

Snack Options - Other additives		
	Chia seeds, 1 tsp	
	Slivered - Almonds, 1 tablespoon	
	Original PB2 - Pb2., 13 grams (2 Tbsp)	
SNACK OPTION		
Snack Options - creamy chocolate peanut butter mouse		
	Original PB2 - Pb2., 13 grams (2 Tbsp)	
	Dannon Two Good Vanilla Greek Yogurt (1 cont)	
	Chocolate Sugar Free Pudding (2Tbsp)	
	add in: Pecans or slivered almonds (1 Tbs)	
Hot or cold Mocha coffee		
1 cup brewed coffee plus:		
	Silk - Dark Chocolate, 0.13 cup	Almondmilk (filtered Water, Almonds), Cane Sugar, Cocoa (processed With Alkali), Vitamin And Mineral Blend (calcium Carbonate, Sodium Ascorbate [vitamin C], Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor.
	Silk Coconut Milk - Unsweetened Coconut Milk, 240 ml	Coconutmilk (Filtered Water, Coconut Cream), Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2, Vitamin B12), Dipotassium Phosphate, Sea Salt, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid (to protect freshness), Natural Flavor.