

Convenient snack shopping list

Dairy

1% Cottage cheese
 low-fat sharp cheddar cheese
 low-fat mozzarella
 Dannon® non-fat peach, strawberry, raspberry yogurts
 low-fat sour cream
 part-skim ricotta
 fat-free ricotta
 greek yogurt
 fat-free cream cheese
 reduced-fat swiss cheese

Meat, Poultry, Fish

Buy deli meat with the "Heart Smart Choice" stamp

egg substitute
 Morningstar® breakfast sausage links
 low-fat soy cheese
 soy protein powder
 oven roasted deli chicken breast, turkey breast (ask your deli person to slice meat so that 1 slice = 1 oz)
 low-fat deli ham
 large, cooked fresh or frozen shrimp
 water-packed albacore tuna in 3 oz can or pouch
 pink salmon in 3 oz can or pouch

Breads, Grains, Crackers

whole wheat pita
 whole wheat English muffins
 multi-grain bread cocktail bread
 reduced-fat Wheat Thins®
 soda crackers
 baked light tortilla chips
 brown rice cakes

Fruits, Vegetables fresh or frozen

Without added sugar

strawberries, peaches
 green or red grapes
 baseball size apples - Granny Smith, Braeburn, etc
 unsweetened applesauce (single serve is really convenient!)
 any of the vegetables on the [kO] list
 mixed baby lettuces
 herbs for dressing up mayonnaise, dips and vegetables

Legumes & Nuts

frozen shelled edamame (soybeans)
 sliced or whole raw almonds
 chopped walnuts

Condiments

Thick and Chunky Salsa®
 sweet gherkin pickles (midgets)
 Hot and Spicy cocktail sauce (Kraft®)
 olive oil
 soy protein powder
 sugar free maple syrup
 low-fat dressing
 reduced-fat mayo
 fat-free mayo
 coconut extract
 mint extract

Quick Recipes



Drinks

black coffee
 black tea
 diet soda
 herbal tea
 zero-calorie drink mixes
 soda water
 sparkling water

Vegetables

asparagus
 bell peppers
 broccoli
 brussels sprouts
 cabbage
 cauliflower
 celery
 cucumber
 green beans
 lettuces: spinach, romaine, arugula
 mushrooms
 dill pickles
 radishes
 tomatoes
 zucchini

Quick Recipes

**Cottage Cheese & Applesauce**

1/4 cup 1% cottage cheese
 3 tablespoon unsweetened applesauce
 1 teaspoon sliced almonds

CALORIES: 70 | CARBS: 7g | PROTEIN: 7g | FATS: 1.5g

Chicken with Fruit Salad

1 1/2 ounces oven roasted deli chicken breast
 3/4 cup sliced strawberries or peaches
 1 cup mixed baby lettuces
 2 teaspoon sliced almonds

CALORIES: 100 | CARBS: 11g | PROTEIN: 10g | FATS: 2.5g

Cottage Cheese with Fruit & Almonds

1/4 1% cottage cheese
 1/2 cup sliced strawberries or peaches
 1 teaspoon sliced almonds

CALORIES: 80 | CARBS: 8g | PROTEIN: 8g | FATS: 2g

Edamame, Turkey & Grapes

1/4 cup shelled edamame soybeans
 1 ounce oven roasted deli turkey breast
 1 ounce grapes

CALORIES: 100 | CARBS: 10g | PROTEIN: 10g | FATS: 2g

Smoked Turkey Breadstick Roll

1 ounce smoked turkey breast (1 slice)
 1 tablespoon part-skim ricotta
 1 plain breadstick
 Fresh basil or arugula (optional)

CALORIES 88 | CARBS 8g | PROTEIN 8g | FATS 2g

Ham Breadstick Roll

1 ounce deli ham (1 slice)
 1 tablespoon fat-free ricotta
 1 plain breadstick
 Fresh basil or arugula (optional)

CALORIES 84 | CARBS 8g | PROTEIN 8g | FATS 2g

Quick Recipes

**Shrimp Cocktail**

9 large, cooked shrimp
 4 tablespoon "Hot and Spicy" cocktail sauce
 mix in 1/2 teaspoon of olive oil

CALORIES: 130 | CARBS: 11g | PROTEIN: 11g | FATS: 3.5g

Ploughman's Lunch

3 ounces oven roasted deli turkey breast
 1 medium apple
 1 ounce low-fat extra sharp cheddar cheese

CALORIES: 195 | CARBS: 21g | PROTEIN: 22g | FATS: 4g

Ham, Crackers & Pickles

4 soda crackers
 3 ounces low-fat deli ham
 4 sweet gherkin pickles

CALORIES: 170 | CARBS: 16g | PROTEIN: 16g | FATS: 3.5g

Turkey, Edamame & Grapes

1/2 cup shelled edamame soybeans
 2 ounces oven roasted deli turkey breast
 1/4 cup grapes

CALORIES: 160 | CARBS: 16g | PROTEIN: 17g | FATS: 3.5g

Chicken, Fruit & Cheese Plate

2 ounces oven roasted deli chicken breast
 1/2 ounce low-fat mozzarella cheese
 1 cup sliced strawberries or peaches

CALORIES: 135 | CARBS: 13g | PROTEIN: 15g | FATS: 3.5g

Yogurt Parfait

1 small container Fage™ 0% Fat Greek Yogurt (available at Trader Joe's)
 1/2 cup fresh berries (strawberries, blueberries, raspberries or blackberries)
 Splenda or stevia, if desired to taste

1 tablespoon sliced almonds

CALORIES 140 | CARBS 13g | PROTEIN 15g | FAT 3g

Quick Recipes

**Vegetarian Breakfast**

3 Morning Star Farms® breakfast sausage links

1/2 toasted whole wheat English muffin

CALORIES 190 | CARBS 18g | PROTEIN 17g | FAT 4.5g

Open-Face Salmon Sandwich

2 ounces water-packed canned salmon

1 celery stalk, chopped

1/2 tablespoon fat-free mayonnaise

1 slice multigrain bread

CALORIES 171 | CARBS 16g | PROTEIN 16g | FAT 4g

Open-Face Tuna Sandwich

2 ounces water-packed canned white tuna

1 celery stalk, chopped

1/2 tablespoon reduced-fat mayonnaise

1 slice multi-grain bread

CALORIES 175 | CARBS 17g | PROTEIN 18g | FAT 4g

Smoked Salmon Canapés

3 slices pumpernickel cocktail bread

2 ounces smoked salmon

1 tablespoon fat-free soft cream cheese

1/2 teaspoon prepared horseradish

Dill, cucumber and capers if desired

CALORIES 180 | CARBS 17g | PROTEIN 18g | FAT 4g

Egg and Muffin Snack

1/2 cup egg substitute

1/2 whole wheat English muffin

1/2 teaspoon butter

Microwave the egg substitute 1-2 minutes on high power in a glass measure, covered. Toast and butter the muffin, top with the egg.

CALORIES 144 | CARBS 13g | PROTEIN 15g | FAT 3g

Quick Recipes

**Smoked Salmon and Egg Snack**

1/4 cup egg substitute

1 scallion, thinly sliced (optional)

1/2 whole wheat English muffin

1/2 teaspoon butter

1 ounce thinly sliced lox

Microwave the egg substitute and scallion 1-2 minutes on high power in a glass measure, covered. Toast and butter the muffin, top with the egg mixture and slices of lox.

CALORIES 152 | CARBS 14g | PROTEIN 14g | FAT 4g

Canadian Bacon and Egg Muffin

1/4 cup egg substitute

2 slices Canadian bacon, chopped

1/2 whole wheat English muffin

1 teaspoon low-fat sour cream

Microwave the egg substitute and Canadian bacon 1-2 minutes on high power in a glass measure, covered. Toast the English muffin and spread with the sour cream, top with egg and bacon mixture.

CALORIES 149 | CARBS 14g | PROTEIN 15g | FAT 3g

Open-Face Roast Beef and Swiss

1 slice multi-grain bread, toasted

1 tablespoon prepared horseradish

2 ounces deli sliced roast beef

1 slice (1 ounce) reduced-fat Swiss cheese

Top bread with horseradish, roast beef and Swiss and broil or microwave until cheese melts.

CALORIES 198 | CARBS 19g | PROTEIN 22g | FAT 4g

Veggie Sausage and Cheese Muffin

1 Yves Breakfast Pattie

1 tablespoon shredded reduced-fat Cheddar

1/2 whole wheat English muffin, toasted

Microwave breakfast sausage until hot, sprinkle with cheese and place on English muffin.

CALORIES 149 | CARBS 17g | PROTEIN 16g | FAT 3g

Quick Recipes

**Wheat Thins®, Apple & Ham**

- 7 reduced-fat Wheat Thin crackers
- 4 ounces low-fat deli ham
- 1 small apple

CALORIES: 230 | CARBS: 24g | PROTEIN: 22g | FATS: 5g

Ham & Grapes

- 3/4 cup grapes
- 4 ounces low-fat deli ham
- 1/2 ounces low-fat mozzarella cheese

CALORIES: 245 | CARBS: 22g | PROTEIN: 25g | FATS: 6.5g

Cottage Cheese & Applesauce

- 3/4 cup 1% cottage cheese
- 1/2 cup + 2 tablespoon unsweetened applesauce
- 1 tablespoon sliced almonds

CALORIES: 210 | CARBS: 19g | PROTEIN: 22g | FATS: 5g

Tortilla Chips with Spicy Cheese Dip

- 15 baked light tortilla chips
- 3/4 cup 1% cottage cheese
- 1/4 cup Thick & Chunky Salsa (blend all together for dip)
- 1 tablespoon light sour cream

CALORIES: 285 | CARBS: 30g | PROTEIN: 26g | FATS: 6.5g

Chicken & Cheese with Sliced Strawberries

- 4 ounces oven roasted deli chicken meat
- 1 ounce low-fat mozzarella cheese
- 2 1/2 cups sliced strawberries

CALORIES: 295 | CARBS: 32g | PROTEIN: 30g | FATS: 7g

Yogurt with Toasted Almonds

- 1 container Dannon® non-fat yogurt (strawberry, peach or raspberry)
- 1 tablespoon soy protein powder (blend with yogurt)
- 2 tablespoon sliced almonds (toasted)

CALORIES: 238 | CARBS: 24g | PROTEIN: 22g | FATS: 6g

Quick Recipes

**Tuna Salad with Rice Cakes**

- 3 oz pouch or can albacore tuna in water or pink salmon (drained)
- 3 tablespoon fat-free mayonnaise, mixed with fresh herbs of your choice
- 2 brown rice cakes

CALORIES: 210 | CARBS: 21g | PROTEIN: 22g | FATS: 4.5g

Vegetarian Sandwich

- 4 slices vegetarian turkey
- 1 slice soy cheese
- 1/2 small whole wheat pita bread
- Lettuce, tomato, cucumber or other [K0] vegetables

CALORIES 210 | CARBS 23g | PROTEIN 22g | FAT 5g

Ploughman's Lunch

- 1 large apple (3")
- 4 ounces smoked low-fat turkey breast
- 1 tablespoon walnuts

CALORIES 270 | CARBS 30g | PROTEIN 28g | FAT 5g

Salad Bar Option 1

- 2 cups chopped romaine
- Scant 1/2 cup diced grilled chicken breast
- 6 cherry tomatoes
- 1/4 cup grated carrots
- 1/4 cup garbanzo beans
- 2 tablespoon low-fat dressing

CALORIES 250 | CARBS 27g | PROTEIN 25g | FAT 5g

Salad Bar Option 2

- 2 cups chopped romaine lettuce
- 1/2 cup canned tuna in water
- 1/2 cup broccoli florets
- 8 artichoke hearts
- 2 tablespoon. low-fat Italian dressing

CALORIES 210 | CARBS 19g | PROTEIN 24g | FAT 4.5g

Quick Recipes

**Salad Bar Option 3**

- 2 cups chopped romaine lettuce
- 3/4 cup diced grilled chicken breast
- 2 tablespoon dried cranberries
- 1/2 cup chopped apple
- 2 tablespoon chopped walnuts
- 1 tablespoon low-fat dressing

CALORIES 300 | CARBS 31g | PROTEIN 28g | FAT 8g

Kinetix Veggie Pocket

- 4 slices Yves® Original Deli Style
- 1/2 6 inch whole wheat pita
- 1 oz reduced-fat cheese
- 1 teaspoon reduced-fat mayo

CALORIES 254 | CARBS 23g | PROTEIN 27g | FAT 6.9g

Chocolate Mint Shake

- 1 cup 1% milk
- 1 packet Kinetix Midnight Chocolate Shake Mix
- 1/8 teaspoon peppermint extract

Mix all the ingredients in a blender or shaker cup until smooth, about 20 seconds. Pour into a glass and serve.

CALORIES 340 | CARBS 35g | PROTEIN 30g | FAT 7g

**Coconut Cream Shake**

- 1 cup 1% milk
- 1 packet Kinetix Vanilla Bean Shake Mix
- 1/4 teaspoon coconut extract

Mix all the ingredients in a blender or shaker cup until smooth, about 20 seconds. Pour into a glass and serve.

CALORIES 339 | CARBS 36g | PROTEIN 30g | FAT 7g

Creamy Vanilla Coffee

- 1 cup 1% milk
- 1 packet Kinetix Vanilla Bean Shake Mix
- 1 shot espresso (or to taste)

Warm the milk in the microwave or on a stovetop. Whisk in the Kinetix powder and the coffee. Pour into a mug and serve.

CALORIES 339 | CARBS 36g | PROTEIN 30g | FAT 7g

Quick Recipes

**Hot Creamy Mocha**

- 1 cup 1% milk
- 1 packet Kinetix Midnight Chocolate Shake Mix
- 1 shot espresso (or to taste)

Warm the milk in the microwave or on a stovetop. Whisk in the Kinetix powder and the coffee. Pour into a mug and serve.

CALORIES 330 | CARBS 35g | PROTEIN 30g | FAT 8g

Maple Cream Shake

- 1 cup 1% milk
- 1 teaspoon no-sugar-added syrup (such as E.D. Smith® or Log Cabin® Sugar Free)
- 1 packet Kinetix Vanilla Bean Shake Mix

Combine the milk, syrup and Kinetix powder in a shaker cup and shake until smooth, about 20 seconds. Pour into a glass and serve.

CALORIES 340 | CARBS 37g | PROTEIN 30g | FAT 7g

Vanilla Shake

- 1 cup 1% milk
- 1 packet Kinetix Vanilla Bean Shake Mix

Mix the milk and Kinetix powder in a blender or shaker cup until smooth, about 20 seconds. Pour into a glass and serve.

CALORIES 340 | CARBS 36g | PROTEIN 30g | FAT 7g