

# KINETIX QUICK SNACKS

## CONVENIENT SNACK INGREDIENTS TO HAVE ON HAND

### Dairy

2% Cottage cheese (low-fat)  
Low-fat mozzarella  
Dannon® non-fat peach, strawberry, raspberry yogurts  
Light sour cream  
Part-skim ricotta  
Fat-free Fage Greek yogurt  
Fat-free cream cheese  
Reduced-fat cheeses

### Meat, Poultry, Fish

*Try to find deli meat with the "Heart Smart Choice" stamp*

Egg substitute or egg whites  
Morningstar® breakfast sausage links  
Oven roasted deli chicken breast, turkey breast (ask your deli person to slice meat so that 1 slice = 1 oz)  
Low-sodium 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  
Soy cheese  
Soy protein powder

### Breads, Grains, Crackers

Whole-wheat pita  
Whole-wheat English muffins  
Multi-grain bread  
Reduced-fat Wheat Thins®  
Soda crackers  
Baked light tortilla chips

### Fruits, 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!)

### Legumes & Nuts

Frozen shelled edamame (soybeans)  
Sliced or whole almonds  
Walnuts

### Condiments

Salsa  
Cocktail sauce  
Olive oil  
Low-fat dressing  
Reduced-fat mayo  
Mustards  
Herbs for dressing up mayonnaise, dips and vegetables

## KO'S

### Drinks

Black coffee  
Black tea  
Diet soda  
Herbal tea  
Zero-calorie drink mixes  
Soda water  
Sparkling water

### Vegetables, fresh or frozen

Asparagus  
Bell peppers  
Broccoli  
Brussels sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Green beans  
Lettuces: spinach, romaine, arugula  
Mushrooms  
Dill pickles  
Radishes  
Tomatoes  
Zucchini



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## Cottage Cheese & Applesauce

1/4 cup 2% cottage cheese  
3 tablespoons 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 teaspoons sliced almonds

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

## Cottage Cheese with Fruit & Almonds

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

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

## Turkey, Edamame & 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**



## Shrimp Cocktail

9 large, cooked shrimp  
4 tablespoons 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 reduced-fat extra sharp cheddar cheese

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

## Ham, Crackers & Pickles

4 soda crackers  
3 ounces low-sodium 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 7 ounce container Fage™ 0% Fat Greek Yogurt  
2/3 cup fresh berries (strawberries, blueberries, raspberries or blackberries)  
1 tablespoon sliced almonds

**CALORIES 170 | CARBS 18g | PROTEIN 19g | FAT 3g**

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## 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 Tuna Sandwich

3 ounces water-packed canned white tuna  
1 celery stalk, chopped  
1 tablespoon reduced-fat mayonnaise  
1 slice multi-grain bread  
CALORIES 200 | CARBS 21g | PROTEIN 22g | FAT 3.5g

## 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



## 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 light 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

# KINETIX QUICK SNACKS



## Wheat Thins®, Apple & Ham

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

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

## Ham & Grapes

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

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

## Cottage Cheese & Applesauce

3/4 cup 2% cottage cheese  
1/2 cup + 2 tablespoons 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 2% cottage cheese  
1/4 cup 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 tablespoons sliced almonds (toasted)

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



## Tuna Salad with Rice Cakes

3 ounce pouch or can albacore tuna in water or pink salmon (drained)  
3 tablespoons 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 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 tablespoons 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, packed in water  
2 tablespoons low-fat Italian dressing

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

# KINETIX QUICK SNACKS



## Salad Bar Option 3

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

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

## Kinetix Veggie Pocket

- 4 slices Yves® meatless deli-style, ham, turkey, chicken or roast beef
- 1/2 6-inch whole-wheat pita
- 1 ounce reduced-fat cheese
- 1 teaspoon reduced-fat mayo

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

## Open-Face Salmon Sandwich

- 3 ounces water-packed canned salmon
- 1 celery stalk, chopped
- 1 tablespoon reduced fat mayonnaise
- 1 slice multigrain bread

**CALORIES 230 | CARBS 21g | PROTEIN 25g | FAT 6g**

## 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**



## 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**

## 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**

## 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**