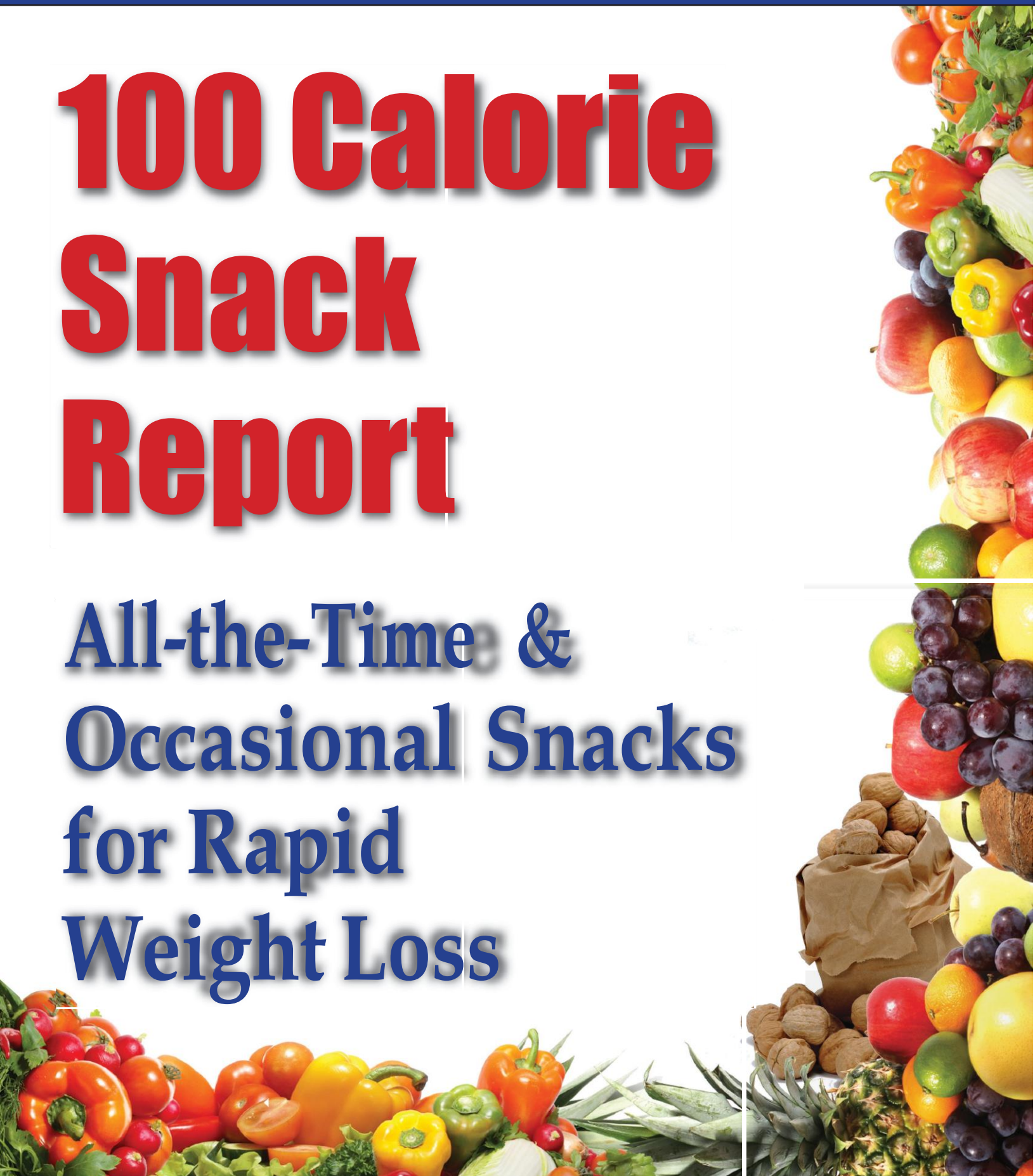


100 Calorie Snack Report

All-the-Time &
Occasional Snacks
for Rapid
Weight Loss



100 Calorie Snack Report

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Introduction

We are always looking for that low calorie snack that won't kill our diet or ruin our fat loss goals. Yet, there are so many options out there we get confused and just don't know what to choose.

First, what is a low calorie snack?

Second, how do I know how many calories a food has in it?

This report is broken down to 0-99 calories snacks/foods and 100-200 calories snacks/foods. The 0-99 foods you would choose if you just needed a quick pick me to get to your next meal that is maybe 1 hour away. The 100-200 calorie foods is where maybe you have 1-2 hours before you can eat again and need something that will sustain you a little longer and provide more satiety.

These are snacks that can be eaten between meals, as a late night snack or just when you know you will need some food to get to your next full meal.

The first category is 0-99 calories snacks and foods and it is broken up into the food, the portion size for that food and the amount of calories for that portion size.

The lists are also broken down into approved snacks (all the time) and occasional snacks (sometimes). Approved snacks can be eaten at every feeding opportunity regardless of when it is. The occasional snacks should be eaten only once every other day. They are calorie controlled, but you do have better choices if you want to lose fat, so don't depend on these occasional snacks as every day food items or something to nibble on multiple times a day.

These foods fit into your diet because they provide protein and/or fiber which will leave you feeling full. And as you know, that is a key component for weight loss success.

These lists are not inclusive of all foods that fit in these calorie ranges. It is merely a sampling of a variety of foods.

Approved Snacks

(All the Time Snacks)

Food	Portion Size	Calories
Apple	1 medium	60
Apricots.....	3 medium.....	53
Bean Salad	½ cup.....	88
Applesauce.....	½ cup.....	60
Banana	1 med	65
Blackberries.....	½ cup	39
Cauliflower.....	1 cup	25
Blueberries	1 cup.....	80
Bran Cereal	½ cup.....	65
Broccoli.....	1 cup.....	25
Asparagus.....	½ cup	25
Green Beans.....	½ cup.....	25
Carrots.....	½ cup	25
Peppers.....	½ cup.....	25
Cantaloupe.....	1 cup cubed	60
Cherries.....	12 large	63
Grapefruit.....	½ large	61
Grapes.....	17	61
Honeydew.....	1 cup cubed	60
Nectarine	1 small.....	57
Orange	1 med	72
Peach	1 med	63
Peaches	½ cup canned or frozen	60
Pear.....	1 med	65
Pears.....	½ cup canned or frozen.....	65
Plums	2 small.....	60
Raisins.....	2 Tbsp	57
Strawberries.....	1 ¼ cup.....	58
Cottage Cheese.....	4oz.....	96
Reduced Fat Cheese	¾ oz	50
Fat Free cheese	1 slice	31
Fiber One	½ cup.....	60
Puffed Kashi	1 cup.....	70
Whole grain total.....	¾ cup	97
All Bran.....	½ cup	80

All Bran with extra fiber.....	½ cup	50
Post Bran Flakes.....	¾ cup	99
Quaker Crunchy Oat Bran.....	¾ cup	90
Poached egg.....	1.....	75
Hard Boiled egg	1.....	75
Gazpacho soup	1 cup.....	56
Onion soup	1 cup.....	58
Vegetable soup	1 cup.....	72
Chicken noodle soup.....	1 cup	75
Minestrone soup.....	1 cup	82
Chicken, rice & vegetable soup	1 cup.....	90
Tomato soup.....	1 cup	85
New England Clam Chowder	1 cup	95
Refried Beans	½ cup.....	92
String cheese	1 ounce	80

Occasional Snacks

(Sometimes Snacks)

0-99 calories

Food	Portion Size	Calories
Bagel	½.....	80
Vanilla Wafers	5	94
Light vanilla ice cream	½ cup.....	92
Sugar Free gelatin.....	½.....	10
Sugar free vanilla pudding.....	½ cup.....	70
Sugar free chocolate pudding	½ cup	80
Fortified Instant Oatmeal	1 packet	97
Town House Crackers.....	5 crackers	80
Keebler Original Club Crackers	4 crackers	70
Ritz Crackers	5 crackers	80
English Muffin	½.....	78

So the foods above are under 100 calories and are foods you can choose if you only need to fulfill your hunger for around 1 hour.

This next group is 100-200 calorie foods and should be able to fulfill you for a longer period of time until you can eat your next regular meal.

Approved Snacks

(All the Time Snacks)

100-200 calories

Food	Portion Size	Calories
Prograde Craver Almond butter.....	1 bar	180
Prograde Craver Peanut butter	1 bar	180
Prograde Craver Spirulina	1 bar	180
Cream of Wheat	1 cup	123
Oatmeal.....	1 cup	145
Corn Flakes with ½ cup 1% milk.....	1 cup	151
Bran Muffin.....	2.5 inch diameter.....	153
Fiber One with ½ cup 1% milk	1 cup	171
Black Bean Soup	1 cup	116
Lentil and Ham Soup.....	1 cup.....	139
Beef Soup.....	1 cup	170
Black Beans.....	½ cup.....	100
Kidney Beans.....	½ cup	104
Brown Rice.....	½ cup	108
Soy Nuts.....	1 ounce.....	110
Yogurt, nonfat.....	8 ounces	120
Trail Mix.....	1 ounce.....	131
Mixed Nuts.....	¼ cup	190
Almonds.....	1 ounce.....	172
Cashews.....	1 ounce.....	164
Peanuts.....	1 ounce.....	165
Cottage Cheese 1%	1 cup	163
Cottage Cheese 2%	½ cup	102
Baked Sweet Potato.....	1 large	162
Kashi GoLean Crunch.....	1 cup	170
Multi-Grain Cheerios.....	1 cup.....	110
Wheat Chex	1 cup	180
Walnuts.....	1 ounce.....	185
Raisin and Nut Trail Mix	1 ounce	130
Trail Mix with Chocolate Chips	1 ounce.....	137
Cranberry-Nut Trail Mix.....	1 ounce	120
Pumpkin Seeds.....	1 ounce	148
Sunflower Seeds	1 cup	168

Occasional Snacks

(Sometimes Snacks)

100-200 calories

Food	Portion Size	Calories
Total Raisin Bran.....	1 cup	170
Kellogg's Raisin Bran	1 cup	190
Reduced Fat Chocolate Milk.....	1 cup.....	180
Pretzels.....	1 ounce	113
Fig Newton Cookies	2.....	110
Whole Wheat Macaroni	1 cup	174
Nonfat Chocolate Pudding	1 cup	100
Raisins.....	¼ cup.....	109
Split Pea Soup with Ham	1 cup	185
Corn Chowder Soup	1 cup.....	200
English Muffin (toasted)	1.....	128

So here you have it, a quick reference guide of low calorie snacks that you can have on hand in your pantry, car, office or wherever you might need a quick pick me up that is healthy and low calorie. There should never be a reason to choose the vending machines or fast food with this many choices to choose from!

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