

Low Calorie Snacks

## Description

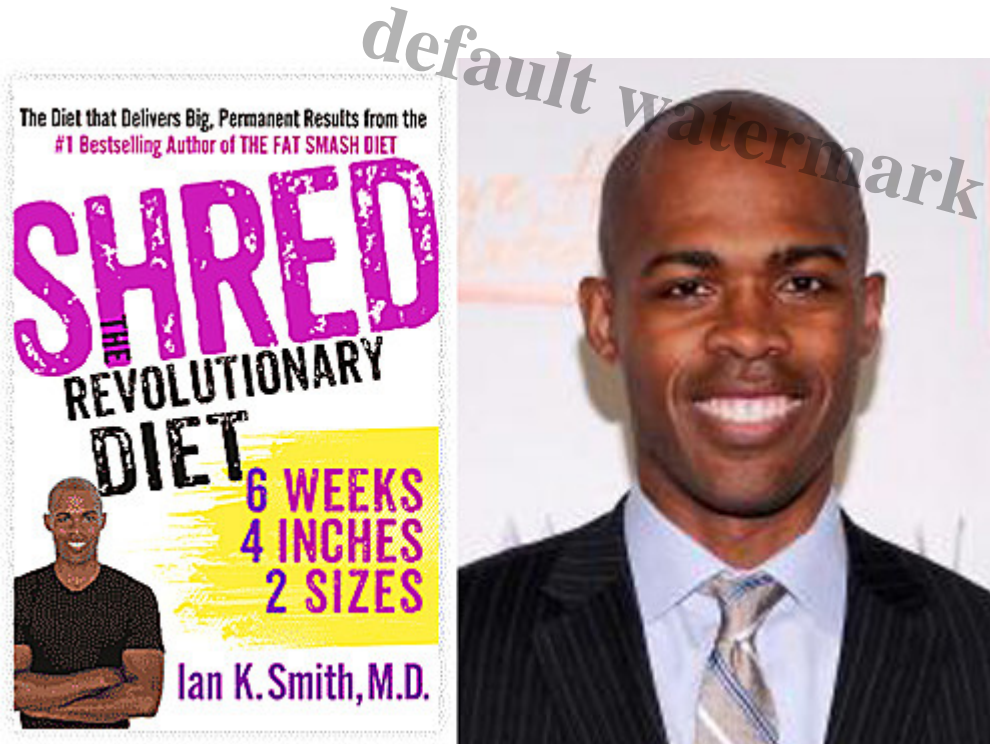


photo [via](#)

As I've mentioned before I've been on [Dr. Ian Smith's Shred Diet](#) so I haven't been cooking a lot lately, but I did make a few desserts over Easter weekend which I'll share in a few weeks. The premise of [The Shred Diet](#) is to eat four small meals every 3 to 4 hours to keep your metabolism fired up during the day. It is a six week plan and it tells you what to eat for each meal which is nice. The meals aren't anything strange mostly a lot of soup and smoothies, but you get to choose what type within certain parameters. If you click the links above it will take you to a series of videos of Dr. Smith discussing the diet with Dr. Oz.

I like eating a variety of things which the diet encourages. It also encourages a small 100 to 150 calorie snack between meals. I'm a big snacker so this also works well for me. However, it can be tricky staying within 100 to 150 calories. What I like about the plan is it also gives a list of snack choices. Ideally the best snacks would be fruits and vegetables, but since I already get a lot of those in meals I like to choose other things to satisfy my sweet and salty cravings. With swimsuit season around the corner I thought it might be helpful to share some snack ideas from the book as well as my own.

I'm not a nutritionist, but below is my list of snacks to help satisfy a sweet or salty craving. Eating can be such a mind game sometimes. Some of the items don't have much nutritional value, but they fill a psychological need for me.

### **100 Calorie Snacks**

- 53 mini pretzel sticks (I like these with a tsp of mustard and I'm not done eating in 10 seconds)
- 1 hard boiled egg
- Special K bars
- 1 Kraft chocolate pudding
- 2 graham cracker squares and 1 tsp peanut butter sprinkled with cinnamon
- 1/2 cup nonfat Greek yogurt with dash of cinnamon and 1 tsp honey
- 100 calorie microwave popcorn
- [Chocolate VitaTop](#)-these can be found in the freezer section usually by organic items
- Special K cracker chips (They come in a variety of flavors and you can have 27 for 110 calories)
- One Skinny Cow fudge bar

### **150 calorie snacks**

- 1 mozzarella cheese stick and 7 TLC Honey Sesame crackers
- half a cucumber and 2 tbsp hummus
- apple with 1 tbsp peanut butter (I love peanut butter)
- rice cake with 1 tbsp peanut butter
- Nature Valley Oats and Honey granola bar
- One Skinny Cow Ice cream sandwich
- 45 pistachios

I'm on week five of the plan and have lost roughly 5 pounds. I cheat on the weekends. Most importantly my clothes fit better and I feel better. When mama's happy everybody is happy. Please feel free to add to my list. I'd love to hear what other snack ideas you may have.

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