

# HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

## SMART SNACKS

LOOKING FOR SOME SIMPLE IDEAS TO GIVE YOUR TASTE BUDS SOMETHING NEW AND TO REACH YOUR PROTEIN GOAL—**GIVE THESE A TRY!**

**1 OZ LEAN HAM, 2 T FAT FREE CREAM CHEESE, GREEN ONION**  
71 calories; 11 grams protein

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**1 OZ LEAN HAM, (1) LIGHT LAUGHING COW CHEESE**  
66 calories; 8 grams protein

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**3 OZ TUNA, 1 T FAT FREE MAYO**  
109 calories; 22 grams protein

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**1 CUP SKIM MILK**  
86 calories; 8 grams protein

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**2 MINI BABY BELL CHEESE LIGHT**  
100 calories; 12 grams protein

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**CELERY STICKS WITH (1) LIGHT LAUGHING COW CHEESE**  
31 calories; 2 grams protein

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**1 OZ GRILLED CHICKEN BREAST STRIPS, 2 T GUACAMOLE**  
97 calories; 9 grams protein

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**OSTRIM BEEF STICK**  
70 calories; 11 grams protein

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**TURKEY JERKY**  
80 calories; 15 grams protein

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**17 ALMONDS**  
103 calories; 4 grams protein

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**½ CUP FAT FREE PLAIN GREEK YOGURT, VANILLA EXTRACT, SWEETENER**  
100 calories; 18 grams protein

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**2 SALTINE CRACKERS, 1 T SIMPLY JIF PEANUT BUTTER**  
121 calories; 5 grams protein

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**APPLE SLICES (1 MEDIUM) WITH LIGHT LAUGHING COW CHEESE**  
98 calories; 2 grams protein

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**½ CUP CHILI**  
95 calories; 7 grams protein

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**The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results. –Tony Robbins**

**1 CUP SKIM MILK, (1) SERVING NO-ADDED-SUGAR COCOA MIX**  
136 calories; 10 grams protein

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**½ CUP FAT FREE COTTAGE CHEESE**  
80 calories; 15 grams protein

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