

# Healthy Snack Options:

Snacks are very important to have as part of your health plan. You should have between 1-2 healthy protein snacks in-between your meals depending on your program.

## SNACK GUIDELINES:

- Each Snack should be Under 250 Calories if under 5'7". (Remember this is a snack not a meal so it should be low in calorie).
- Each Snack should have AT LEAST 7-15 grams of Protein. (All snacks need to have Protein, a snack should never be just Carbs). Some people will need more than 15 grams Protein in their snack!
- For every 1 g Protein, there should be no more than 2 g Carbs. Ex. If Snack has 10 g Protein....there should be LESS THAN 20 g Carbs in Snack)

## Snack Options:

- **Herbalife Deluxe Protein Bar** (Citrus Lemon, Vanilla Almond, Choc PB)
  - 140 Cal, 10 g Protein, 16 g Carbs
- **Herbalife ACHIEVE Protein Bar** (Dark Choc Brownie & Choc Chip Cookie)
  - 230 Cal, 20 g Protein, 24 g Carbs (only 4 g Sugar)
- **Herbalife Beverage Mix Drink** (Peach Mango or Wild Berry)
  - 70 Cal, 15 g Protein, 2 g Carbs
  - This is great to have with a serving of fruit or veggies on the side!
- **Herbalife Protein Iced Coffee** (House Blend or Mocha)
  - 100 Cal, 15 g Protein, 4 g Carbs
- **Soy Nuts** (Chili Lime)
  - 100 Cal, 9 g Protein, 7 g Carbs
- **¼ Cup Raw Almonds**
  - 160 Cal, 6 g Protein, 6 g Carbs
- **2-3 Hard Boiled Eggs** (only 1 yoke)
  - Ex. 1 whole egg & 2 egg whites: 120 Cal, 15 g Protein, 3 g Carbs
  - This is great to have with a serving of fruit or veggies on the side!
- **1 Mozzarella Cheese**
  - 90 Cal, 7 g Protein, 1 g Carbs
  - This is great to have with a serving of fruit or veggies on the side!
- **½ Cup Edamame, Shelled (not in Pod)**
  - 100 calories, 8 g Protein, 8 g Carbs
- **4 TBSP PB2** (powered PB): 4 TBSP mixed with 2-4 oz water makes a creamy PB.
  - 90 Cal, 10 g Protein, 10 g Carbs
  - ½ Apple or Celery: Ex w/ ½ Apple: 145 Cal, 11 g Protein, 25 g Carbs
- **2 TBSP Peanut Butter**. Natural PB: 190 Cal, 7 g Protein, 7 g Carbs
  - ½ Apple or Celery: Ex. w/ ½ Apple: 245 Cal, 8 g Protein, 22 g Carbs
- **Egg Salad**: 2-3 Hard Boiled Eggs (use only 1 yoke) mixed with 1 Light Laughing Cow Cheese. (Add salt, pepper or pickle relish to liking). **Using 1 whole egg, 2 egg whites and 1 light laughing cheese: 146 Cal, 17 g Protein, 4 g Carbs**
  - Optional: Can eat with 7 Rice Crackers (Blue Diamond) or Celery sticks or Cucumbers. **Example - Above Egg Salad using 7 Rice Crackers: 202 Cal, 18 g Protein, 14 g Carbs**

- **Protein Muffins / Pancakes:**
  - 2 Scoops of Formula 1 Healthy Meal Shake Mix (Cookies & Cream OR Pumpkin Spice OR Banana Caramel OR Vanilla)
  - 2 Scoops Protein Drink Mix (Vanilla)
  - 1 Scoops of Oats
  - 1 Egg and 3 Egg Whites (1 Egg white is equal to 3 Tablespoons of egg white beater)
  - ½ tsp baking powder
  - Optional: add 1/3 Cup Blueberries or Banana
  - Splash of Water
  - **Muffins:** Blend ingredients. You may need to add a little more water so batter is not super thick. Spray a muffin pan. I use a mini muffin top pan from Amazon. With the pan I use, it makes 6 muffin tops. The batch is 50 grams of protein so divide the grams per serving depending on your pan. Bake at 350 for 18-22 min (all ovens vary).
  - **Pancakes:** Blend in Blender OR Wisk with together in bowl. Spray Pan and Cook on Low like a Pancake!
  - **Makes 2-3 Servings, which is about 6 Pancakes. I would suggest to have 2 Pancakes per Serving. Whole Batch: 421 Calories, 48 g Protein, 34 g Carbs. 1/3 of Total Batch/About 2 Pancakes: 140 Calories, 16 grams Protein, 11 grams Carbs. 1/2 of Total Batch/About 3 Pancakes: 210 Calories, 24 g Protein, 17 g Carbs**
  
- **Eggs & Turkey Bacon:** 1 whole egg over easy, 6 TBSP egg whites scrambled & 2 pieces of Turkey Bacon. **190 Cal, 19 g Protein, 3 g Carbs**
  - This is great to have with a serving of fruit or veggies on the side!
  
- **Chicken, Fish, Turkey 2-4 oz. (palm sized amount of meat)**
  - **Ex. 3 oz Chicken (palm size): 84 Cal, 20 g Protein, 0 g Carbs**
  - This is great to have with a serving of fruit or veggies on the side!
  
- **Deli Meat Slices**
  
- **1 Soy/Veggie Burger: 110 Cal, 10 g Protein, 9 g Carbs**
  
- **Chicken Salad Wrap:** 3 oz Chicken wrapped in a piece of iceberg or romaine lettuce with a ¼ Cup shredded cheese sprinkled on top. **175 Cal, 27 g Protein, 1 g Carbs**
  
- **½ can or 3 oz. of Tuna (packed in water).** Optional: mix with 1 tsp low fat mayo. **(111 Cal, 23 g Protein, 1 g Carbs)**
  - Optional: eat with 7 Rice Crackers (Blue Diamond) or Celery sticks or Cucumbers. **(Tuna with 7 Rice Crackers: 168 Cal, 24 g Protein, 11 g Carbs. Tuna with 3 Celery Medium Stalks: 128 Cal, 24 g Protein, 4 g Carbs).**

- **Cucumber, Cheese and Tomato Salad:** Cut up 1-2 baby cucumbers, 2-3 baby tomatoes, 1 string cheese and 1 hard boiled egg. Cut them all up and mix together and then add a little balsamic on top for flavor. **204 Cal, 15 g Protein, 7 g Carbs**
  
- **Ground Turkey & Cauliflower Rice:**
  - Cook Ground Turkey (3-4 oz is a serving size. You can cook double or triple servings to make left overs)
    - Cut up an Onion and start cooking it. Then add Ground Turkey and cook until brown.
    - Add seasoning to taste (a little bit of salt, pepper, and Mrs. Dash)
  - Cauliflower Rice:
    - Cut up Cauliflower into small pieces
    - Put small pieces of Cauliflower into Blender to chop up more
    - OR Buy Frozen Cauliflower Rice already to cook!
    - Spray pan with Pam then add Cauliflower to pan
    - Add some Garlic and a little bit of salt and pepper and cook on low for about 5-7 minutes
  
- **Jello with Herbalife Beverage Mix** (Peach Mango or Wild Berry). Use the Sugar-Free & Fat-Free Jello .6 oz – any flavor. Boil 2 Cups of Water. Add Jello Mix and 4 scoops of Beverage Mix (to make two servings) and Stir. Add 1 Cup of Cold Water and refrigerate. **(Makes 2 servings. 1 Serving: 80 Cal, 15 g Protein, 2 g Carbs).**
  
- **½ Cup Fruit with Protein Drink Mix drizzled on top.** ½ Cup of Strawberries, Blueberries, Blackberries, or Raspberries. Then take 4 oz of Cold water and stir in (or shake if in blender bottle) 1-2 scoops of Protein Drink Mix. Drizzle the protein drink mix on top of the fruit and it is a delicious treat! **(Using 1 scoop PDM: 82 Cal, 8 g Protein, 9 g Carbs. Using 2 scoops PDM: 137 Cal, 11 g Protein, 11 g Carbs)**
  
- **Protein Drink Mix w/ Decaff Coffee.** 2 scoops of Protein Drink Mix in 8-10 oz water. Add ½ tsp of Instant Decaff Coffee and / or 1 cap of Sugar-Free & Fat-Free Kahlua Syrup. Shake in Blender Bottle. **(110 Cal, 15 g Protein, 5 g Carbs)**

**\*\*For the Snack Options that are Only Protein it would be very beneficial to add a Complex Carbohydrate to the snack as well. Complex Carbs consist of fruits and vegetables. ½ cup serving of fruit and ½-1 cup serving of vegetables is the appropriate serving size for each.**

### **Beef**

- Hamburger Patty, 4 oz. – 28 grams of protein
- Steak, 6 oz – 42 grams
- Most cuts of beef – 7 grams of protein per ounce

### **Chicken**

- Chicken Breast, 3.5 oz. - 30 grams protein
- Chicken Thigh – 10 grams (for average size)
- Drumstick – 11 grams
- Wing – 6 grams
- Chicken Meat, cooked, 4 oz. – 35 grams

### **Fish**

- Most fish fillets or steaks are about 6 grams per ounce
- Tuna, 6 oz. can – 40 grams of protein

### **Pork**

- Pork Chop, average – 22 grams protein
- Pork Loin or tenderloin, 4 oz – 29 grams
- Ham, 3 oz. serving – 19 grams
- Ground por, 3 oz. cooked – 22 gram
- Bacon, 1 slice – 3 grams
- Canadian Style Bacon ( back bacon), slice – 5-6 grams

### **Eggs and Dairy**

- Egg, large – 6 grams protein
- Milk, 1 cup – 8 grams
- Cottage Cheese, ½ cup – 15 grams
- Yogurt, 1 cup – usually 8-12 grams, check label
- Soft Cheeses (Mozarella, Brie, Camembert) – 6 grams per oz.
- Medium Cheeses (Cheddar, Swiss) 7-8 grams per oz.
- Hard Cheeses (Parmesan) – 10 grams per oz.

### **Beans (including soy)**

- Tofu, ½ cup 20 grams protein
- Soy Milk, 1 cup – 6-10 grams
- Beans, (black, pinto, lentils, etc) about 7-10 grams protein per ½ cup of cooked beans
- Soy Beans, ½ cup cooked – 14 grams protein
- Split Peas, ½ cup cooked – 8 grams

### **Nuts and Seeds**

- Peanut Butter, 2 tablespoons – 8 grams protein
- Almonds, ¼ cup – 8 grams
- Peanuts, ¼ cup – 9 grams
- Cashews, ¼ cup – 5 grams
- Pecans, ¼ cup – 2.5 grams
- Sunflower Seeds, ¼ cup – 6 grams
- Pumpkin Seeds, ¼ cup – 19 grams
- Flax Seeds – ¼ cup – 8 grams