

Snack Builder

<b>Pick a Carbohydrate... Aiming for 10-20g (Grams of net carb listed)</b>	<b>Pair it with a protein source...</b>	<b><i>Extras</i></b>
4 Triscuit crackers (11g)	Small handful Nuts	Snap Peas
10 Thin-crisp Triscuits (12g)	Hardboiled egg	Baby Carrots
½ English muffin (11g)	½ cup Cottage cheese	Cherry Tomatoes
1 Slice 12 grain bread (15g)	1 oz Brick cheese	Red Peppers
3 Ryevita Crackers (12g)	½ can Tuna/1 sm can	Cucumber
½ 12 grain bagel (16g)	1-2 Tbs Nut butter	Celery
3 cups popcorn (15g)	String Cheese	Broccoli/Cauliflower
7" Whole wheat Tortilla (15g)	Turkey pepperette	Green/Yellow beans
11 Wheat thins (13g)	2.5 oz Smoked Tofu	Yellow Pepper
4 Breton crackers (10g)		
2 cups Strawberries (14g)		Sugar Free Jello
1 cup Blueberries (15g)		
1 Medium apple (17g)		Sparkling water
½ Large banana (15g)		
2 cups Raspberries (14g)		Herbal tea
Nature Valley Protein bar (10g)		
2 Pots Sugarfree/0% yogurt (8-10g)		
1 Pot Skyr Yogourt (10g)		