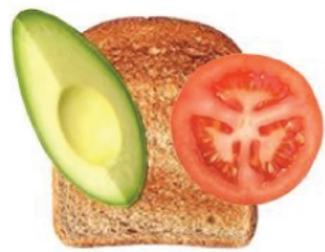


AVOCADO TOMATO TOAST

200-225 calories



Spread ¼ of an avocado on a slice of whole-grain toast, and top with a slice of tomato and a squeeze of fresh lemon juice. Fiber and healthy fats in the avocado keep you full, and the tomato is rich in lycopene, vitamin C, and fiber.

PB & B

CITRUS SNACK



Freeze a banana - either whole or top with 1 tablespoon peanut butter. Just make sure to measure out the peanut butter so your snack doesn't turn into dessert.

GREEK YOGURT WITH FRESH BERRIES 200 calories



Mix 1 cup of fresh raspberries or blueberries into 1 cup of plain, low-fat Greek yogurt. The combination of protein and fiber fills you up.

SPICY, CRUNCHY CORN

180-200 calories



Sprinkle 12 roasted almonds into a bag of SkinnyPop Popcorn. Season with lemon pepper or garlic salt for a low-cal alternative to flavored chips that's easy to eat on the run.

140-175 calories



Eat a medium-sized orange with 1 mini Babybel cheese. The cheese is a good source of protein, while the orange provides 3 grams of stomach-filling

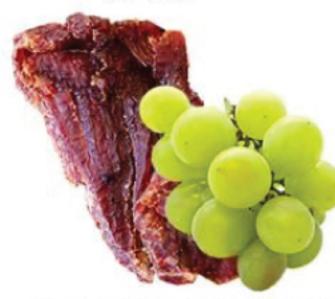
NUT-BUTTER BREAD 200-250 calories



Smear 1 tablespoon of almond butter on a slice of 100% whole-grain bread. The bread contains fiber, while the almond butter has protein.

SWEET 'N' SAVORY

160-200 calories



Want something savory? Try eating 1 low-sodium piece of beef jerky with a 1/2 cup of grapes - you'll get protein and fiber, and satisfy your meat craving.

SLIMMED-DOWN SWEET CREAM

150 calories



Mix 8 chopped strawberries into a ½ cup of low-fat, protein-rich ricotta cheese.

CHIA BERRY CHEESE PEACHES 'N' SEEDS



Pair a juicy peach, which is loaded with fiber and potassium, with 1 tablespoon of sunflower seed butter, which will



Blend together a ½ cup of low-fat cottage cheese, a 1/2 cup of berries, and 1 tablespoon of chia seeds. The cottage cheese has protein, the berries have fiber, and the chia seeds have healthy fats.

FRUIT 'N' CHEESE

200 calories





Slice a ripe pear into long spears and eat with 2 slices of low-fat cheese. This protein-carb combo will keep you fuller longer than if you ate that pear (a carb) by itself.

Combine 3 cups air-popped popcorn with 2 tablespoons nutritional yeast. Popcorn keeps you full with fiber and energized with carbs, while nutritional yeast boosts flavor and B vitamins.

Make sure you connect with Courtney on social media!

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