

MACRO HACKS

SWEET & SAVOURY SNACK COMBOS UNDER 250 CALORIES



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.

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.

SWEET 'N' SAVORY

160-200 calories



Want something savory? Try eating 1 low-sodium piece of beef jerky with a ½ 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.

PB & B

200 calories



Freeze a banana — either whole or sliced — for at least two hours, then top with 1 tablespoon peanut butter. Just make sure to measure out the peanut butter so your snack doesn't turn into dessert.

CITRUS SNACK

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 fiber.

PEACHES 'N' SEEDS

140 calories



Pair a juicy peach, which is loaded with fiber and potassium, with 1 tablespoon of sunflower seed butter, which will help keep you full.

CHIA BERRY CHEESE

175-200 calories



Blend together a ½ cup of low-fat cottage cheese, a ½ 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.

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.

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.

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.

AIR-POPPED ALTERNATIVE

150-200 calories



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.

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