



## Carbohydrate Protein Snack List

- ½ English muffin toasted with 1 Tbsp. marinara sauce and 1 oz melted, reduced fat mozzarella cheese
- 1 (6 inch) tortilla and 1 oz turkey breast with lite mayonnaise or mustard
- 3 cups low fat popcorn and ⅓ cup shredded Parmesan cheese or 1 oz string cheese
- ⅓ cup hummus + 1 cup raw vegetables
- 6 whole wheat crackers and 1 Tbsp peanut butter or 1 slice low fat cheese
- ½ cup plain oatmeal and 14 walnut halves
- 1 small/medium (4 oz) apple, pear, or orange and 1 string cheese or ¼ cup peanuts
- ½ of a large banana and 1 Tbsp peanut butter
- 6 oz lite flavored yogurt and ¼ cup almonds
- 17 grapes + ¼ cup pumpkin, sunflower, or sesame seeds

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