

Snack Suggestions	Serving Size	Calories	Dietary Fiber (grams)	Protein (grams)
Boiled Egg	1	78		6.3
Peanut Butter & Celery	1 TBLS + 5 celery ribs	155	1	4
Peanut Butter & Apple	1 TBLS + ½ apple	157	3.5	4.5
Almonds, raw unsalted	23	163	3.5	6
Shaklee 180 Snack Bar	1	130-150	3	9-10