



Nutrition Zone Snack Ideas

Snacking is vitally important to keeping your metabolism burning fat throughout the day. A fast, easy, and great tasting snack is the Balance Bar which has 2 blocks Protein, 2 blocks Carbohydrate, and 2 blocks Fat.

This list contains snack ideas and recipes that have 2 blocks each of Protein, Carbohydrate, and Fat. Try them out or use the Food Blocks Measurements List to make your own snack combinations.

2 oz.	skinless chicken breast
6	baked Tostitos
1/2 cup	salsa
1 oz.	cheddar cheese

1 oz.	cheddar cheese
1 (2" diam)	granny smith apple
1 cup	non-fat milk

2 oz	canned tuna
1 oz.	monterey jack cheese
18	reduced fat Wheat Thins

1 cup	non-fat milk
2" square	cornbread
1 tsp.	honey
2/3 tsp.	margarine or butter

1 1/2 tsp.	peanut butter
1 slice	bread
1 tsp.	jam

1/2 cup	low-fat cottage cheese
2/3 cup	mixed fruit
1 1/2 tsp.	slivered almonds

2 oz.	turkey
4 Tbs.	hummus
1 cup	raw vegetables

1/2 cup	low-fat cottage cheese
2/3 cup	apple sauce
1 1/2 Tbs.	granola

2 large	hard boiled egg
1	orange
1 1/2 tsp.	peanuts

2 oz.	turkey
1 slice	bread
1 Tbs.	guacamole

3 oz.	smoked salmon
1	miniature bagel
1 Tbs.	light cream cheese

Bruschetta	
1 slice	bread (toasted)
2/3 cup	tomato puree w/ spices
1 tsp.	crushed garlic
1/2 tsp.	olive oil
2 oz.	ricotta cheese
1 tsp.	parmesan cheese

Yogurt Dip	
1 1/2 Tbs.	non-fat sour cream
1 cup	low-fat plain yogurt
1 1/2 oz.	goat cheese
1 tsp.	garlic
1 tsp	basil
1 cup	mixed veggies

7 Layer Dip (4 Blocks)	
1/2 cup	black beans
1/2 cup	non-fat refried beans
4 Tbs.	guacamole
2 tsp.	sour cream
1 oz.	cheddar cheese
1 oz.	monterey jack cheese
1/2 cup	tomatoes
1/2 cup	salsa
1/4 cup	cut chives

Caesar Salad	
6 cups	shredded romaine
2	anchovy filets
12	croutons
1 Tbs.	grated parmesan

Spinach Salad*	
4 cups	raw spinach
1/4	spanish onion
1/4 cup	mushrooms
6	croutons
1 tsp.	lemon juice

Large Tossed Salad*	
2 cups	shredded lettuce
1/4	green pepper
1/4	cucumber
1/4	tomato

Shrimp & Cocktail Sauce	
3 oz.	shrimp
4 Tbs.	cocktail sauce
1 tsp.	tartar sauce

Skewers	
1 oz.	shrimp or chicken
1" round	mushroom or zucchini
2 chunks	pineapple or peppers
	marinate in teriyaki sauce
	barbecue or bake

Oil & Vinegar Dressing	
2/3 tsp.	oil plus 1 1/3 tsp. vinegar
	with spices to taste

Caesar Dressing	
Oil & Vinegar dressing (above).	
small garlic clove, dash of	
worcestershire sauce, 1 tsp.	
lemon juice, mustard to taste	

Granola Recipe	
2 cups	rolled oats
1 cup	Chex cereal
1/4 cup	brown sugar
1/4 cup	maple syrup
1/4 cup	honey
1/4 cup	canola oil
1/4 cup	water
1/2 cup	raisins
1/2 cup	dried apricots
1 tsp.	vanilla
2 tsp.	cinnamon

1. Preheat oven to 300 degrees F.
2. In a large bowl, combine the oats, sugar and cinnamon. Combine the oil and water; mix well with oats. Mix in other ingredients.
3. Spread in a large baking pan.
4. Bake for 10 minutes, stir to toast evenly, then bake 10 minutes more.
5. Let cool. Store in an airtight container.

1/2 cup equals 2 blocks of Protein, Carbohydrate, and Fat.

*We recommend you add 3 oz. of shrimp to equal 2 protein blocks.

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