

# 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	

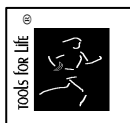
Caesar Dressing	
Oil & Vinegar dressing (above).	
small garlic clove, dash of	
worcestershire sauce, 1 tsp.	
lemon juice, mustard to taste	

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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# Nutrition Zone Snack Ideas



Protein drinks and shakes are an excellent way to get a quick and healthy snack or meal during your busy day. Although these shakes provide many nutrients, we do not recommend that they be consumed as a majority of your daily food intake. Solid foods, especially dietary fiber, are important in the digestive process and must make up most of the food consumed during your day. Each choice uses 100% whey *protein powder* as the main protein source because of its nutrient density and versatility. This powder comes in several flavors and can be purchased from Tools for Life or any nutrition store. Each level scoop is made from lactose-free whey peptides for those with lactose or milk intolerance.

Tropical Blast	
1/2 cup	low-fat plain yogurt
1/4 cup	crushed pineapple
1/4 cup	orange juice
1/4 cup	strawberries
2 Tbs.	100% whey protein powder
1 tsp.	coconut
5	ice cubes

(3 blocks each of P, C, F)

Holiday Treat	
2 cups	low fat egg nog
6 Tbs.	vanilla Carnation Instant Breakfast Powder
3 Tbs.	100% whey protein powder
1 tsp.	peppermint
5	ice cubes

(4 blocks each of P, C, F)

Coffee Delight	
1/2 cup	low-fat coffee flavored yogurt
1 tsp.	instant coffee
2 Tbs.	100% whey protein powder
1/2 cup	low-fat milk (2%)
5	ice cubes

(3 blocks each of P, C, F)

Mocha Delight	
1/2 cup	low-fat coffee flavored yogurt
1 tsp.	instant coffee
2 Tbs.	100% whey protein powder
2 Tbs.	chocolate Carnation Instant Breakfast
1/2 cup	low-fat milk (2%)
5	ice cubes

(4 blocks each of P, C, F)

Jungle Shake	
1 cup	low fat frozen yogurt
1/4 cup	blueberries
1/4 cup	strawberries
1/4 cup	crushed pineapple
2 tsp.	coconut
2 Tbs.	100% whey protein powder
3	ice cubes
a dash of whipped cream on top	

(4 blocks each of P, C, F)

Apple Cinnamon Swirl	
1 large	whole egg
1 cup	low-fat milk (2%)
3/8 cup	applesauce
1 Tbs.	100% whey protein powder
2 Tbs.	vanilla Carnation Instant Breakfast
1/4 tsp.	fructose

(4 blocks each of P, C, F)

Creamsicle	
1/2 cup	low-fat plain yogurt
1/2 cup	orange juice
2 Tbs.	vanilla Carnation Instant Breakfast
2 Tbs.	100% whey protein powder

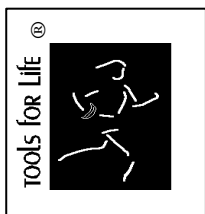
(3 blocks each of P, C, F)

**Vegetarian Shakes**

Each recipe idea here can be fully vegetarian by exchanging yogurt and milk for soy milk and exchanging 100% whey protein powder with soy protein powder. More ice may be needed for thickness.

### Preparation

*Blend all ingredients, except ice, in a blender until smooth. Add ice cubes and continue to blend until desired consistency. More ice may be added for thicker texture.*



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