

# MAINTENANCE PLAN (STEP 3)

# SNACK IDEAS



## 1. GREEK YOGURT WITH MIXED BERRIES AND ALMONDS

**CALORIES: AROUND 200 CALORIES**

**PROTEIN: APPROXIMATELY 20G**

## 2. COTTAGE CHEESE WITH PEACH SLICES AND WALNUTS

**CALORIES: AROUND 250 CALORIES**

**PROTEIN: APPROXIMATELY 20G**

## 3. AVOCADO TOAST WITH TURKEY AND TOMATO

**CALORIES: AROUND 250 CALORIES**

**PROTEIN: APPROXIMATELY 20G**

## 4. CHEESE AND APPLE SLICES WITH ALMOND BUTTER:

**CALORIES: AROUND 300 CALORIES**

**PROTEIN: APPROXIMATELY 20G**

## 5. YOGURT PARFAIT WITH BERRIES AND GRANOLA:

**CALORIES: AROUND 300 CALORIES**

**PROTEIN: APPROXIMATELY 20G**

**\*\*IF YOU'RE FOLLOWING THE PROGRAM PLEASE TAKE TREBIOTIC FOR GUT HEALTH \*\***

