

Easy. Fast. Healthy.



Snack Ideas

Snack Time. Best Time.

Snacking gets a bad rap, but it can help you stay full between meals when you're on a low-calorie, low-carb meal plan.

Keep in mind that there is no one-size-fits-all solution for which foods will help you feel your best.

To get more snack ideas that work for you, get started with Onduo today!



1 medium **tangerine**



1/3 cup fresh **avocado**



1-2 small squares of **dark chocolate**

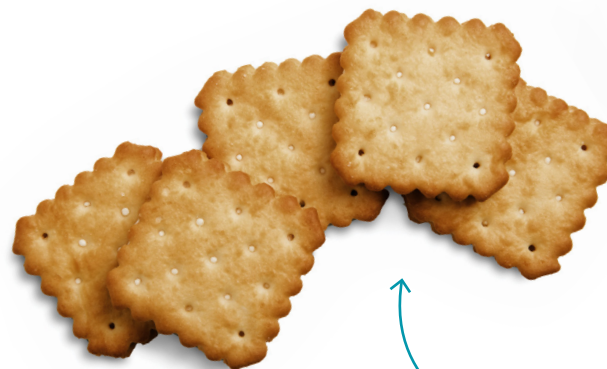
1/4 cup **mini pretzels**



12-ounce can or bottle of **vegetable** or **tomato juice**



1 cup homemade,
air-popped popcorn



String **cheese** &
5 whole wheat **crackers**



1/2 cup
cottage cheese



1 small **dill pickle**
(about 4 inches)

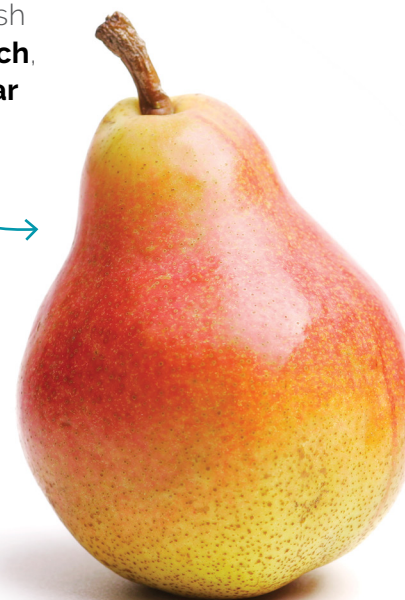


1-ounce serving **almonds**
(about a handful)

1/2 cup
green olives



A piece of fresh
fruit like a **peach**,
apple, or **pear**



3 **celery sticks** and
1 TBSP of **peanut butter**
or 2 TBSP **hummus**

+



or



1 hard-boiled
egg





1/2 cup **baby carrots**

1 cup plain
Greek yogurt



1/4 cup
pistachios



2 TBSP of **almond butter**
on half a whole wheat
English muffin

