

THE FRESH 180
SNACKS

Nutrition

Fresh 180 Snack Recommendations

Our menus are designed to incorporate, at minimum, 3 meals and 1 snack. If you have a general sense of your personal calorie needs, it will help you decide if you need an extra snack or a bit of a boost at meal times.

Cashews & Kiwi

The classic fruit and nut combo is easy to vary based on the meals you are cooking that week. Kiwi is such a healthy fruit and easy to carry along for a quick snack. Varying your weekly fruit choices helps alleviate the boredom of having the same snack week after week, so something simple to prepare stays fresh and new!

1/8 cup cashews, 1 Kiwi: 140kcal, 3g protein, 16g carbs, 0mg sodium, 3g fiber, 0mg cholesterol, 8g fat, 1.5g saturated, 2% calcium, 15% iron

Carrots with Cashew Butter

Make your own cashew butter in a high speed blender or substitute with a jar of natural cashew or an alternate nut butter. This snack is full of crunch and the combination of vegetable-based carbohydrates, healthy fats, and fiber will help keep you full and satisfied.

2 carrots, cut into sticks, 1 Tablespoon Cashew butter for dipping: 160kcal, 4g protein, 21g carbs, 80mg sodium, 5g fiber, 0mg cholesterol, 8g fat, 1.5mg saturated, 15% calcium, 6% iron

Sweet potato

No extra ingredients needed, the sweet potato is a perfect stand-alone snack. Rich in fiber, vitamins, and minerals, and very portable, a sweet potato is a perfect between-meals snack or a great meal-booster for those who need a few extra calories. Pre-bake and pack or make into fries or rounds, if desired. Once you get into the habit, no chip compares to thinly sliced, lightly salted baked sweet potato rounds.

1 sweet potato: 110kcal, 2g protein, 26g carbs, 70mg sodium, 4g fiber, 0mg cholesterol, 0g fat, 0g saturated, 4g fiber, 0mg cholesterol, 4% calcium, 4% iron

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Minestrone

Make extra minestrone this week for a between meal snack or meal boost. Loaded with vegetables and vegetarian protein, this is a great option for a warm and hearty snack. If you want a “free soup” to enjoy more often, just leave out the beans and add more vegetables for a very low calorie, satisfying warm snack. This is a great go-to if veggie sticks just will not do the trick in the chilly winter months.

Kiwi Salsa

- 2 kiwi, peeled and diced
- ½ avocado, peeled and diced
- 2 Tablespoon diced onion
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- pinch of cumin
- pinch of kosher salt
- 1 Tablespoon chopped herbs, optional
- 6 good quality crackers, such as Mary’s Gone Crackers

Pair a better quality cracker with a flavorful fruit salsa. This simple salsa makes 2 servings and provides an easy filling snack, just mix the ingredients and refrigerate. It’s also great on top of salads, chicken, or fish. Add jalapenos, crushed red pepper, or a dash of hot sauce for a kick.

½ prepared salsa with 6 crackers: 170kcal, 3g protein, 23g carbs, 6g fiber, 0mg cholesterol, 8g fat, 1g saturated, 6mg fiber, 0mg cholesterol, 4% calcium, 15% iron