



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.

Apricots & Pecans

Always an easy, go-to snack. Here is the fruit/nut combo for the week!

1/8 cup pecans, 2 dried apricot halves: 150kcal, 2g protein, 12g carbs, 0mg sodium, 2g fiber, 0mg cholesterol, 10g fat, 1g saturated, 2% calcium, 2% iron

Ants on a log – a nostalgic snack!

Wash and cut 2 stalks celery into 2-3 pieces and fill cavity with peanut butter (1 Tablespoon total). Chop 2 dried apricots and arrange on peanut butter.

2 celery stalks, 1 Tablespoon peanut butter, 2 dried apricots (chopped): 150kcal, 4g protein, 16g carbs, 65mg sodium, 4g fiber, 0mg cholesterol, 8g fat, 1g saturated, 4% calcium, 4% iron

Mini Chopped Salad

This salad can really use any leftover veggies you have on hand, but here is our simple combination. Combine 1 cup chopped spinach with ½ bell pepper, diced, 1 celery stalk, diced and 1 orange, segments, diced. Toss gently with ½ Tablespoon olive oil and a drizzle of balsamic vinegar.

**Added bonus, the combination of bell peppers and oranges provide extra vitamin c which helps our body absorb the iron that occurs naturally in spinach.*

1 prepared salad, dressed: 150kcal, 3g protein, 20g carbs, 55mg sodium, 0mg cholesterol, 7g fat, 1g saturated, 5g fiber, 0mg cholesterol, 10% calcium, 6% iron

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Thai Pineapple Brown Rice Salad

Warm ½ cup cooked brown rice with ¼ cup diced pineapple, ½ diced bell pepper and 1 Tablespoon chopped scallions. Whisk 1 Tablespoon coconut milk with 1 teaspoon soy sauce and 1 teaspoon chili sauce (optional). For extra protein, feel free to scramble and egg in the center of this dish to make a quick “fried rice” or add leftover diced chicken.

1 prepared serving (without egg): 150kcal, 4g protein, 33g carbs, 100mg sodium, 0mg cholesterol, 1g fat, 0g saturated, 4g fiber, 0mg cholesterol, 2% calcium, 6% iron

Green Popsicles (makes about 6 pops, 1 serving = 1 popsicle)

1 ripe banana
1 ½ cups pineapple
2 cups spinach
water to desired consistency (½ – 1 cup)

Feels like dessert, but its practically a salad! Enjoy this cold, refreshing treat anytime of day.

1 prepared pop: 40kcal, 1g protein, 10g carbs, 10mg sodium, 0mg cholesterol, 0g fat, 0g saturated, 1g fiber, 0mg cholesterol, 2% calcium, 2% iron