

Clean Eating 300 Calorie Snacks

- 2 full-fat mozzarella cheese sticks and ¼ cup almonds
- 2 full-fat mozzarella cheese sticks and 2 cups chopped apple
- 1 cup 2% cottage cheese and ½ cup (mashed for measuring) banana
- 3 ½ cups [Coconut Popcorn](#)
- 3 oz. rotisserie chicken with 1 serving of [baked almond asparagus](#)
- [1 serving spinach taco salad](#) (raw spinach, ground turkey meat, and salsa with a few fresh toppings of your choice)
- 6 Whole grain Ak Mak crackers with 1.5 oz. medium cheddar cheese
- 1 serving [homemade corn chips](#) and ¼ cup [Southwest Black Bean Dip Recipe](#)
- 1 sprouted whole grain bagel with 1 tbsp. nut butter
- 1 sprouted whole grain bagel with ½ oz. full-fat cheddar cheese
- 1 sprouted whole grain bagel with 2 tbsp. cottage cheese and 2 thin apple slices
- 1 medium apple and 2 tbsp. peanut butter
- ½ cup plain hummus and 20 baby carrots
- [Homemade soups](#) portioned and frozen to grab later
- 1 cup [Hearty Bean Chowder](#) with one slice of wholegrain bread.
- Smoothies (the possibilities are endless!)
- Protein bars
- 2 hard-boiled eggs and 6 whole wheat Ak Mak crackers
- 3 oz. full-fat Ricotta cheese with 2 tbsp. honey and 1 cup halved strawberries
- 12 oz. Greek yogurt and 2 tbsp. honey
- 1 ½ cup cottage cheese, 2 tbsp. salsa and 4 oz. chopped or sliced cucumbers
- 3 hard-boiled eggs and 1 slice sprouted whole wheat toast