

## **250 CALORIE SNACKS**



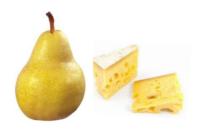
6 Boiled Quail Eggs, 7 small Vine Tomatoes & Feta Cheese (50g)



1 Medium Banana on 1 Slice Brown Bread With 1 Tbsp Almond Butter



5 Grissini Sticks (25g) & 1/2 Avocado Mashed With Lemon Juice



1 Medium Pear & 39g Swiss Cheese



1 Cup Coconut Milk (200ml), 1 Banana & 1 cup Mixed Berries Blended



3/4 Cup Fresh Coconut Pieces (70g)



Toasted Crumpet with Cheddar Cheese (40g)



50g Mixed Nuts & Raisins



6 Mini Falafel (51g) & Plain Natural Yoghurt (87g)



4 Turkey Slices (from deli) & Cottage Cheese (130g)



28g Dark Chocolate (70-85% cocoa) & 15 Hazelnuts



2 Ryvita With 3 Slices Smoked Salmon (90g)