

Hawt Shots Snack List

Ideally, you want the snacks you choose to have a little carb, a little protein, and a little fat. You should never snack on fruit by itself. Because most of you are on pretty low calorie meal plans for this program, the snacks will need to be strategically timed and the right size. For those on 1600 or less, the snacks will need to be around 100-150 calories twice a day. If you are on 1800 calories or higher, you have a little more wiggle room. HOWEVER, if you are HUNGRY or feeling fatigued during workouts, please contact me to have your calorie level adjusted. Your calorie levels have been set based on the assumption that you are doing an average of 250 calories in exercise with a 250 calorie reduction in intake. It sounds like some of you are exercising much more intensely, which means your calorie intake needs to go up. Check with me or Steve to discuss this!!

Below are a list of common foods to use when snacking, there is no wrong combination. Get creative!

- String cheese, or any low fat cheese
- Avocado
- Nuts, any kind
- Fresh veggies
- Trail mix (you can even make your own)
- Peanut butter
- Hummus
- Sliced turkey, or ham, or chicken
- Half a sandwich
- Low fat yogurt (you can add nuts, or granola, or have with fruit)
- Protein smoothie (8oz)
- Rudog bar (a homemade energy bar, by me!)
- Granola or similar type bar (250 calories or less, needs to have some protein and some fat)
- Cottage cheese
- Hardboiled egg
- ½ bagel with hummus or peanutbutter
- Coconut oil, Olive oil
- Tabouleh
- Tuna with crackers

Examples:

- Lunch baggie of fresh veggies with lite ranch dressing (2TBSP) or hummus
- Meat roll up (4 thin slices of meat rolled up with a slice of cheese)
- Sliced tomato with thin sliced mozzarella, drizzled with balsamic vinegar, olive oil, pepper
- ½ bagel with hummus or peanut butter, or avocado!
- ½ cup low fat cottage cheese with 1/2 piece of fruit
- ½ Rudog bar (90 calories, 2g protein, 2 g fat) with ½ cup lowfat milk
- 22 almonds (small handful)
- String cheese with 5 crackers
- 1/3 cup trail mix
- 3oz tuna with 5 crackers or ½ pita bread
- 2 hardboiled eggs with sliced tomato or other raw veggies
- ½ avocado with 2oz chicken or other lean meat
- Toast (use high fiber bread) with avocado, or coconut oil, or peanut butter
- 2oz tuna with tabouleh

