

Healthy Snack Ideas for Weight Loss Surgery

(Snacks should be around **100** calories or less and high in PROTEIN)

- 6 oz. low-fat yogurt or non-fat Greek yogurt
- Low-fat string cheese (50 calories) with ½ cup fruit
- 4 oz. low fat cottage cheese
- 13 almonds
- 1/3 cup Edamame
- 1 cup skim milk/non-fat lactose-free milk
- ½ of a medium sized apple with 2 teaspoons peanut butter
- 1 hard boiled egg
- 5 slices of lean deli meat (turkey or chicken) with 1 slice of low-fat cheese
- 4 whole wheat crackers with 1 slice of low-fat cheese (50-60 calories per slice)
- 4 whole wheat crackers with 4 slices lean deli meat
- 4 whole wheat crackers with 2 teaspoons peanut butter
- 2 oz. low-fat cottage cheese with 2 oz. fruit
- 1 slice low-calorie bread (35-40 calories per serving of deli meat) with 5 slices lean deli meat (50 calories)
- 1 slice of low-calorie bread with 1 slice low-fat cheese (50-60 calories per slice)
- 1 slice of low-calorie bread with 2 teaspoons peanut butter