

Low Calorie Snack Ideas

Silver Dollar Protein Pancakes

Mix 4 egg whites, 1/2 cup rolled oats, 1/2 cup low-fat cottage cheese, 1/8 teaspoon baking powder, and 1/2 teaspoon pure vanilla extract. Cook on a preheated griddle (medium-low heat) until the mixture bubbles, flip, and cook for another 60 seconds. Top with fresh berries or sliced banana.

Edamame Poppers

The only thing more fun than how much protein you can get from a serving of edamame (one cup offers about 17 grams of protein!) is getting to eat these little beans out of their bright green pods. Buy them fresh and steam for about 6 minutes, or use the pre-cooked frozen variety and briefly microwave to defrost (about 2 minutes) before chowing down.

Tofu Sticks

This soybean-based protein bomb isn't just for stir-fry. When sliced into sticks and baked, firm (and smoked) tofu can make a great snack food—especially if it's served with a side of homemade tomato or teriyaki dipping sauce.

Deli Rollup

Top 2 slices of deli meat (turkey, chicken, or roast beef work great) with 1 slice of cheese and a shake of pepper. Add a slice of tomato or some lettuce for extra veggie points!

Mini Bean-and-Cheese Quesadilla

It might take an extra minute to prep, but combining these two high-protein treats is totally worth it. Fold 1/2 cup black beans, 1 tablespoon salsa, and 1 slice cheddar cheese in a small flour tortilla. Cook in a dry nonstick pan until the cheese is melted and tortilla is lightly browned. Then wrap it in foil and stick in a plastic baggie for easy transport.

Mini Black-Bean Mash Taco

When it's time to get spicy, try this easy snack fix. Heat 1/2 cup of black beans in the microwave with 1 tablespoon of salsa. Mash with a fork and fold it inside a small (4 to 6-inch) flour tortilla. Store in a small Tupperware container for easy transport

Cottage cheese and unsweetened applesauce

1/2 cup cottage cheese with a 1/4 cup of unsweetened applesauce, fresh, frozen or canned fruit (in water or light syrup) and sprinkled with cinnamon is a great protein and carb snack. Top with some hemp or chia seeds, a handful of nuts or granola for a more substantial snack.

Tuna and lettuce wraps

Open up a can of Tuna and season it if you like. To change it up and for a bit of spice add some wasabi or horseradish. Mayo adds calories so try to avoid it if possible. If using, portion sparingly and opt for olive oil based mayos or lower fat varieties. Rip off some fresh Romaine leaves as your wrap. For some carb added fuel, opt for a few whole grain crackers, melba toasts, brown rice rice cakes or even some apple slices.

Chickpea snacks

Open up a can of chickpeas, rinse and drain well. Season with a bit of salt, pepper, dried herbs and a drizzle of olive oil if you like. You can make these spicy, mexican flavoured or keep them

plain. Chickpeas are a filling source of protein, a good source of low GI carb, and high in iron and fibre. They're also bite size, cheap, not messy, and require almost no prep.

Red Pepper and Goat Cheese

Slice up one medium red pepper and enjoy with 2 tablespoons soft goat cheese. Goat cheese is tangy and flavorful, has about one third fewer calories and one third the fat per ounce compared to cow's milk cheese.

Jicama and Honey Mustard Dip

Hicka-what? Jicama (pronounced, hic-kuh-muh) is a root veggie that touts six grams of fiber per cup. Peel and slice 1 1/2 cups, and dip into a mixture of 1 tablespoon Greek yogurt, 1 tablespoon mustard, and 1 teaspoon honey.

Broccoli and Tzatziki Sauce

Whip up a quick tzatziki-like sauce by combining 2 tablespoons plain nonfat Greek yogurt, 1 teaspoon lemon juice, and 1 tablespoon minced cucumber. Dip six florets into the sauce. The Greek yogurt offers protein and you get a serving of green veggies in!

Cheesy or Sweet Popcorn Snacks

Toss 1 tablespoon grated Parmesan cheese and a dash of cayenne pepper with 2 cups of freshly popped popcorn. Choose a low-fat, low-sodium pre-packaged variety or pop kernels in a small paper bag in the microwave. Grated parm can have a lot of salt, but one tablespoon has only three percent of the daily recommended value, and only 22 calories for a whole lot of added flavor. For a sweet variety try Toss 1 teaspoon cinnamon and 1 teaspoon stevia with 2 cups freshly popped popcorn. Try shaking it all up in a paper bag or a container with a lid on it for even topping distribution. You could probably toss in some vanilla protein powder too! Pair with a small handful of nuts or seeds for a bit of protein.

Cocktail Shrimp, Crab or Fake Crab in cocktail sauce

Lots of lean protein here and seafood is packed with nutrition included zinc, iron and B vitamins. A rice cake, a few crackers or a small portion of brown rice easily add carb to this protein snack.