

Skinnygirl Daily's favorite snack swaps:

Craving Sweets

Satisfy your chocolate craving with these healthful options:

- Skinnygirl Tasty Nutrition Bars in Dark Chocolate Multigrain Pretzel, Chocolate Peanut Butter with Sea Salt or Banana Oatmeal Dark Chocolate so you can enjoy the decadent flavors that you love while taming your hunger at the same time with protein (6 – 7 grams per bar) and fiber (5 grams per bar), all for under 170 calories.
- Fruit dipped in dark chocolate sauce
- Cereal with at least three grams of fiber and skim milk

Something Salty

Salt can be bloating, so look for lower sodium snacks and pair with low-fat dairy, fruits or vegetables to provide a potassium boost.

- Rice cakes topped with low-fat cottage cheese and sliced strawberries
- Soy crisps with hummus and a glass of skim milk
- Salt and vinegar flavored almonds
- Steamed edamame with a sprinkle of sea salt

Crunchy and Creamy Combos

Forgo chips and dip with these svelte snacks:

- Hummus and veggies
- Zucchini halves (hollowed out), topped with guacamole
- Whole grain crackers and light cheese spread
- Almond or peanut butter spread on apple slices

Cool Cravings

Instead of ice cream or some other frozen calorie bomb, try these cool treats instead:

- Fruit smoothie: In blender, mix 1 cup orange juice with ½ cup frozen berries and 1 scoop protein powder
- Frozen Greek yogurt with berries
- Frozen bananas: freeze halves on a stick, dip in dark chocolate and roll in chopped almonds

On-the-Go

Never leave the house without these conveniently nutritious snacks packed in your bag:

- 20 almonds or 18 cashews
- Skinnygirl Daily Tasty Nutrition bars
- Green apple
- Hard cooked egg