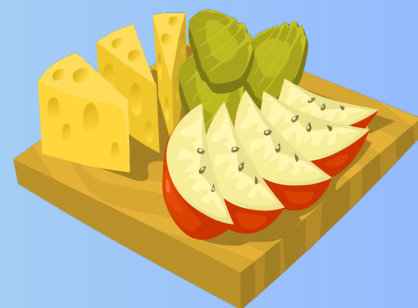




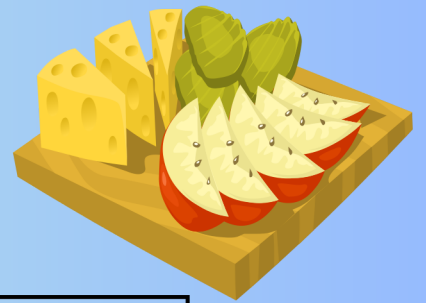
Snacks



Instead of this...	Try this instead	Why it's better
Crisps (120–200 kcal)	Roasted chickpeas, Seaweed thins, Air-popped popcorn (no butter)	Lower fat, higher fibre/protein, less addictive
Digestives (70–90 kcal each)	Oatcakes + almond butter, Apple slices + peanut butter, Cottage cheese + cinnamon	Adds protein, slows sugar spike
Chocolate bar (200–250 kcal)	2 squares dark chocolate + berries, Protein bar (low sugar), Greek yogurt + cocoa powder	Keeps the treat feel, with protein or fibre
Cheese chunk (100–150 kcal)	Light Babybel, Cottage cheese, Boiled egg + cherry tomatoes	Lower fat, more protein per calorie
Cake/scone	Protein mug cake (oats, egg, banana), Date + walnut energy bites, Rice cake + almond butter	Keeps texture & sweetness, but whole food-based
Breadsticks + dip	Carrot sticks + hummus or tzatziki, Cucumber + guacamole	Same crunch & dip satisfaction, lower calorie, more fibre
Granola bar (often >200 kcal)	Handful of almonds (15–20g), 1 boiled egg + fruit- High-protein yogurt pouch	Fewer additives, better satiety
Trail mix (shop-bought)	Homemade version: almonds + dried cranberries + pumpkin seeds (small portion) - 1 small banana + peanut butter	Control portion and sugar content
Wine + crisps “treat”	Sparkling water with lime + olives, Herbal tea + roasted edamame	Preserves ‘ritual’ with fewer empty calories



Snacks



Snack	Calories	Protein
½ cup cottage cheese + berries	120kcal	10–12g
1 boiled egg + ½ apple	130kcal	7g
2 oatcakes + 1 tsp almond butter	140kcal	4g
Greek yogurt(plain, 100g) + cinnamon	90 kcal	10g
1 slice wholemeal toast + 1 tsp peanut butter	130kcal	5g
1 mini Babybel Light + cucumber sticks	90 kcal	6g

Suggested Shopping List

Cottage cheese, Greek yogurt (plain, high-protein)
Eggs
Oatcakes
wholemeal crackers
Almond/peanut butter (natural)
Carrot/cucumber/cherry tomatoes
Tzatziki/houmous
Dark chocolate (85%)
Roasted edamame/chickpeas
Apples/bananas/berries
Mini Babybel
Light Air-popped popcorn

