

NO COOK SNACKS TO BUY

Mix carbohydrate foods (breads, crackers, fruit, veg) with protein to create a balanced snack and reach your target macronutrients

Breads, Crackers, Cereals	Portion	Nutrition Information
<b>Ryvita Pumpkin Seeds &amp; Oats 200g</b>	Per slice	Calories 44 Protein 1.3g Carb 7.7 g Fat 0.9 g
<b>Nairn's Rough Oat Cakes 291 g</b>	Per oat cake	Calories 45 Protein 1.1 g Carb 6.1 g Fat 1.8 g
<b>FOOD DOCTOR Fig &amp; Cranberry Granola</b>	20g	Calories 92 Protein 2.8 g Carb 9.6 g Fat 4.4 g
<b>RUDE HEALTH The Granola</b>	20g	Calories 96 Protein 2.2 g Carb 10.6 g Fat 5.0 g
Fruit & Vegetables	Portion	Nutrition Information (will vary depending on place of purchase)
<b>Pineapple Pieces</b>	200 g	Calories 90 Protein 0.8 g Carb 19.6 g Fat 0.4 g
<b>Mango Slices</b>	150 g	Calories 97 Protein 1.0 g Carb 21.1 g Fat 0.3 g

<b>Banana</b>	1 (120 g) medium	Calories 108 Protein 1.3 g Carb 24.8 g Fat 0.4 g
<b>Apple</b>	1 (130 g) medium	Calories 68 Protein 0.4 g Carb 16.2 g Fat 0.2 g
<b>Pear</b>	1 (130 g) medium	Calories 60 Protein 0.4 g Carb 14.4 g Fat 0.1 g
<b>Orange</b>	1 (150 g) medium	Calories 66 Protein 1.7 g Carb 13.2 g Fat 0.2 g
<b>Carrot Sticks</b>	100 g	Calories 42 Protein 0.6 g Carb 9.2 g Fat 2.7 g
<b>Sugar Snap</b>	50 g	Calories 21 Protein 1.4 g Carb 3.6 g Fat 0.1 g
<b>Broccoli Florets</b>	50 g	Calories 20 Protein 2.2 g Carb 1.9 g Fat 0.4 g
<b>Protein Foods</b>	<b>Portion</b>	<b>Nutrition Information</b> (will vary depending on place of purchase)
<b>Reduced Fat Hummus</b>	50 g	Calories 108 Protein 4.5 g Carb 4.6 g Fat 7.5 g

<b>Natural Cottage Cheese 1.5% fat</b>	150g	Calories 109 Protein 16.0 g Carb 6.4 g Fat 2.2 g
<b>Whole Earth Crunchy Peanut Butter</b>	15 g (approx. 1 tsp)	Calories 90 Protein 3.7 g Carb 1.5 g Fat 7.5 g
<b>Meridian Crunchy Almond Butter</b>	15 g (approx. 1 tsp)	Calories 97 Protein 3.8 g Carb 1.0 g Fat 8.3 g
<b>Mixed Nuts</b>	15g	Calories 97 Protein 2.7 g Carb 1.9 g Fat 8.7 g
<b>Food Doctor Savoury Seed Blend</b>	15 g	Calories 91 Protein 3.8 g Carb 0.4 g Fat 7.9g
<b>Yeo Valley yoghurt</b>	150g	Calories 82 Protein 4.6 g Carb 6.5 g Fat 4.2 g
<b>Yeo Valley fruit yoghurts e.g. Mango, Lime &amp; Lemon Grass</b>	150g pot	Calories 129 Protein 8.1 g Carb 23.5 g Fat 0.0 g
<b>Alpro Simply Plain Soya Yoghurt</b>	200g	Calories 100 Protein 8.0 g Carb 4.2 g Fat 4.6 g
<b>Alpro fruit yoghurts e.g. Raspberry &amp; Blackberry</b>	125 g pot	Calories 91 Protein 4.6 g Carb 11.5 g Fat 2.6 g