

# Snack Ideas



## STRING CHEESE WITH FRESH FRUIT

1 oz. low-fat string cheese and  
1 medium apple

**CALORIES: 150 | PROTEIN: 8 g**



## PROTEIN DRINK MIX

Stir 2 scoops of Herbalife Nutrition Protein Drink Mix, any flavor, with 8 fl. oz. of cold water.

**CALORIES: 110 | PROTEIN: 15 g**



## HUMMUS DIP AND RAW VEGETABLES

1/3 cup hummus with cucumber, carrot and celery sticks

**CALORIES: 150 | PROTEIN: 6 g**



## LOW-FAT LATTE

Made with 12 oz. low-fat milk or soy milk. Sprinkle with cinnamon.

**CALORIES: 150 | PROTEIN: 9 g**



## TURKEY BREAST SLICES AND WHOLE GRAIN CRACKERS

2 oz. sliced turkey and 4 medium-sized whole grain crackers

**CALORIES: 145 | PROTEIN: 18 g**



## EDAMAME BEANS

Drop 1 cup frozen edamame beans (in the pod) into boiling water for a few minutes. Sprinkle with a little salt or soy sauce.

**CALORIES: 150 | PROTEIN: 12 g**



## BONANZA ICE POPS

- **2 scoops** Herbalife Nutrition Formula 1 Nutritional Shake Mix, any flavor
- **1/2 cup** nonfat milk
- **1/3 cup** nonfat Greek-style yogurt, vanilla
- **1/2 cup** berries or chopped fruit

Place all ingredients in a blender and blend until very smooth. Pour into four 1/3-cup (80 ml) ice pop molds. Freeze at least 2 hours before serving.

**CALORIES: 85 | PROTEIN: 7 g (per ice pop)**

