

# ~~ The Reasonable (December) Diet ~~

## Mega List of 100-Calorie Snacks

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### *Mega 100! (With calories noted)*

#### Grab-and-Go

- 4 reduced-fat Triscuits (60) and 1 cup tomato (40) or vegetable juice
- 7 almonds (49) and one small (2 3/8") orange (45)
- 1 mini bag (6 cups) Orville Redenbacher Butter Smart Pop (100)
- 1 Light Sargento string cheese (50) with 3 reduced-fat Triscuits (45)
- 7 Nabisco Barnum's animal crackers (91)
- 13 Keebler reduced fat Wheatable Crackers (96)
- 1 container (6-oz.) of Blue Bunny Lite<sup>85</sup> yogurt (80)
- 1 Delmonte fat-free vanilla pudding cup (90)
- 12 bite-size Frosted Mini-Wheats (100)
- 3/4 cup Total cereal (100)
- 3/4 cup Wheaties cereal (83)
- 1/2 cup Kashi Good Friends cereal (85)
- 2 Natural Ry-Krisp crackers (40) with 2 tablespoon reduced fat cream cheese (60)
- 1/2 of a 2-ounce plain, onion, poppy or sesame seed bagel (80)
- 1/3 cup dried, hulled sunflower seeds (87), 2 green olives (12)
- 1 container (6-oz.) Yoplait White Chocolate Strawberry non-fat yogurt (100)
- 25 dry-roasted pistachio nuts (93)
- 1/2 toasted whole-wheat English muffin (60), 1 teaspoon peanut butter (32)
- 1 slice (typical) raisin bread (80), 2 teaspoons honey (22)
- 1 wedge Light Laughing Cow Cheese (35), 8 Keebler reduced-fat Wheatable Crackers (59)
- 2 tablespoons guacamole (45), 1 Zwieback toast (30)
- 1/2 ounce pretzels (55), 1 kiwi fruit (45)
- 1 large hard-boiled egg (75), 2 large dill pickle (24)

#### Mini-Meals

- 2 ounces lean roast beef (70), 1 stalk of celery (6), 1 teaspoon reduced-fat Miracle Whip (13)
- 1 rice cake (35) with 6 tablespoons low-fat cottage cheese (60)
- 1/3 cup of unsweetened applesauce (53) with 1/2 slice of whole wheat toast (40)
- 1 omelet: 3 egg whites (57), 1/2 green pepper (10), 1 slice (1-oz.) Canadian bacon (35)
- 1 cup Celestial Seasons English Toffee Tea (0), 1 tablespoon half-n-half (20), 1 slice whole wheat bread (80)
- 2 ounces white water packed tuna (78) with 1 teaspoon light mayonnaise (15)
- 1 large dill pickle (5) wrapped in 1.5 ounces of ham (45) and 1/2 ounce Swiss cheese (47)
- 1 packet (3/4 cup) prepared regular Cream of Wheat (100)
- 2 slices bacon (72) (20 slices per pound)
- 1 ounces of Canadian bacon (42), 1oz. Velveeta Light (60)
- 1 sticks celery (7), 2 ounces of boiled ham (60), 1 tablespoon light soft cream cheese (30)
- 1 Eggo Nutri-Grain waffle (85), 1 tablespoon lite syrup (25)
- 1 Eggo Nutri-Grain waffle (85), 1 large strawberry (6), 1 tablespoon light whipped topping (10)
- 13 medium shrimp (84), 2 tablespoons chili sauce (17)
- 2 pieces plain melba toast, crumbled (60), 1/2 teaspoon olive oil (20),  
3 tablespoon chopped tomato, minced basil and garlic to taste (>10), stir-fry in skillet for 5 minutes
- 1 baked hash brown patty (64) 1 tablespoon ketchup (15)
- 1/2 of a 4-ounce baked sweet potato (51), 1 teaspoon honey (22), 1 teaspoon diet margarine (25)

1 black bean Garden Burger (90)  
3 Garden Burger Mama Mia meatballs (74), 1/4 cup Contadina tomato sauce (20)  
1/4 cup fat-free re-fried beans (50), 1/4 cup Enchilada sauce (15)  
2 Morningstar Farm Breakfast Links or 1 Breakfast Pattie (80)  
1 ounce of sardines in tomato/mustard sauce (45), 4 saltine crackers (52)  
1 low-fat, low-carb Tortilla Factory tortilla (50), 1 ounce Kraft 2% Swiss cheese single (50)  
1 imitation crab stix (3-oz.) (85)  
2 pieces (1 oz.) pickled herring (80), 1 Natural Ry-Krisp crackers (20)  
1 piece White Wave baked tofu, tomato basil style (90)  
2 Morning Star Farms Buffalo Wings (80), 2 cups lettuce (14)  
1 pouch (3-oz.) Chicken of the Sea tuna (90)  
4 ounces raw (3 oz. baked) monkfish or orange roughy (85)  
2 slices turkey bacon (70), 1/4 cup Healthy Choice egg substitute (25)  
1/4 cup Ragu Gardenstyle spaghetti sauce (50), 1 cup spaghetti squash (32), 1 tablespoon Parm. cheese (20)  
1 cup Campbell's soup: Minestrone, Tomato Garden or Vegetable (100)  
1 cup fat-free vegetable soup (75)  
1 cup Amy's organic No Chicken noodle (90)  
1 cup Amy's organic Vegetable Barley soup (90)  
1/4 cup brown rice (55), 1 cup bok choy or cabbage (17), 2 tablespoon onion (8), cooking spray (0) soy sauce (0)  
1/2 cup sauerkraut (25), 1 slice bacon (36), 1 medium tomato (22)  
1/2 cup Green Giant frozen Cauliflower & cheese sauce (60), 1/8 cup brown rice (27)

## Fruits and Veggies

12 baby carrots (40) and 2 tablespoons Kraft Light Done Right Ranch dressing (60)  
12 baby carrots (40) and 2 tablespoons Kraft Buttermilk Light dressing (60)  
2 – 8-inch celery sticks (12) with 2 teaspoons peanut butter (70)  
2 – 8-inch celery sticks (12) with 2 tablespoons (1oz) soft-light cream cheese (60)  
1/2 of a 6-ounce baked potato (80) with 2 tablespoons salsa (10) and 1 tablespoon of fat-free sour cream (10)  
26 grapes (about 1 cup) (Try them frozen for a summer time treat.)  
10 medium grapes (36) with 2 tablespoons (1 oz.) hummus (50)  
1 medium banana, 8 inches long (100)  
1/2 cup sweetened applesauce (97) or 1 cup unsweetened (100)  
10 dried apricot halves (83)  
20 medium sweet raw cherries (98)  
1 medium pear (98)  
1 medium apple (81)  
1.5 cups strawberry halves (69), 2 tablespoons light whipped topping (20)  
2 cups diced watermelon (100)  
1 cup diced fresh pineapple or 3/4 cup canned in juice (75)  
1/4 cup edamame (soybeans) with Mrs. Dash (64)  
1 small baked apple (55) with 1.5 tablespoons light pancake syrup (38)  
5 dried apple rings (80)  
2 clementine oranges or tangerines (80-100)  
1 cup French-style canned green beans (60), cracked black pepper, 2 tablespoons Parmesan cheese (20)  
1 small sweet corn on the cob (60), 1 tablespoon Balsamic vinegar (0), spray butter (0)  
1 medium (4-oz.) peach (45), 1/2 cup low-fat cottage cheese (50)

## Just a little something sweet

1/2 cup frozen orange juice eaten as sherbet (90)  
2 – 2.5-inch graham cracker squares (60) with 1 teaspoon peanut butter  
1/2 cup sugar-free gelatin (80) with 2 tablespoons of low-fat whipped topping (20)

17 chocolate covered raisins (95)  
1 cup of coffee with 2 teaspoons chocolate syrup (36), 2 tablespoon half-n-half (40) cinnamon or vanilla (0)  
1 Healthy Choice fudge bar (80)  
1/4 cup Jello reduced-calorie pudding (40), 2 vanilla wafers (35), 2 tablespoons low-fat whipped topping (20)  
1 marshmallow (22) on a 2.5-inch graham cracker (30), (microwave), 1 teaspoon chocolate syrup (18)  
1 slice (2-in.) of angel food cake (100)  
4 Hershey kisses (100)  
15 chocolate chips (33), 3 dried apricot halves (25), 4 almonds (28)  
1/2 (8-inch) frozen banana (50), 1.5 tablespoons choc. syrup (27), 2 tablespoons light whipped topping (20)  
2 tablespoons Yoplait Original Coconut Cream Pie yogurt (38) topped with 3/4 cup fresh pineapple (55)  
5 Starburst Fruit Chews (100)  
1 cup green tea (0), 1/2 ounce dark chocolate (75)  
1 Licorice vine (70)