



2 ounces hummus

1 cup carrots

1 pita

320 calories



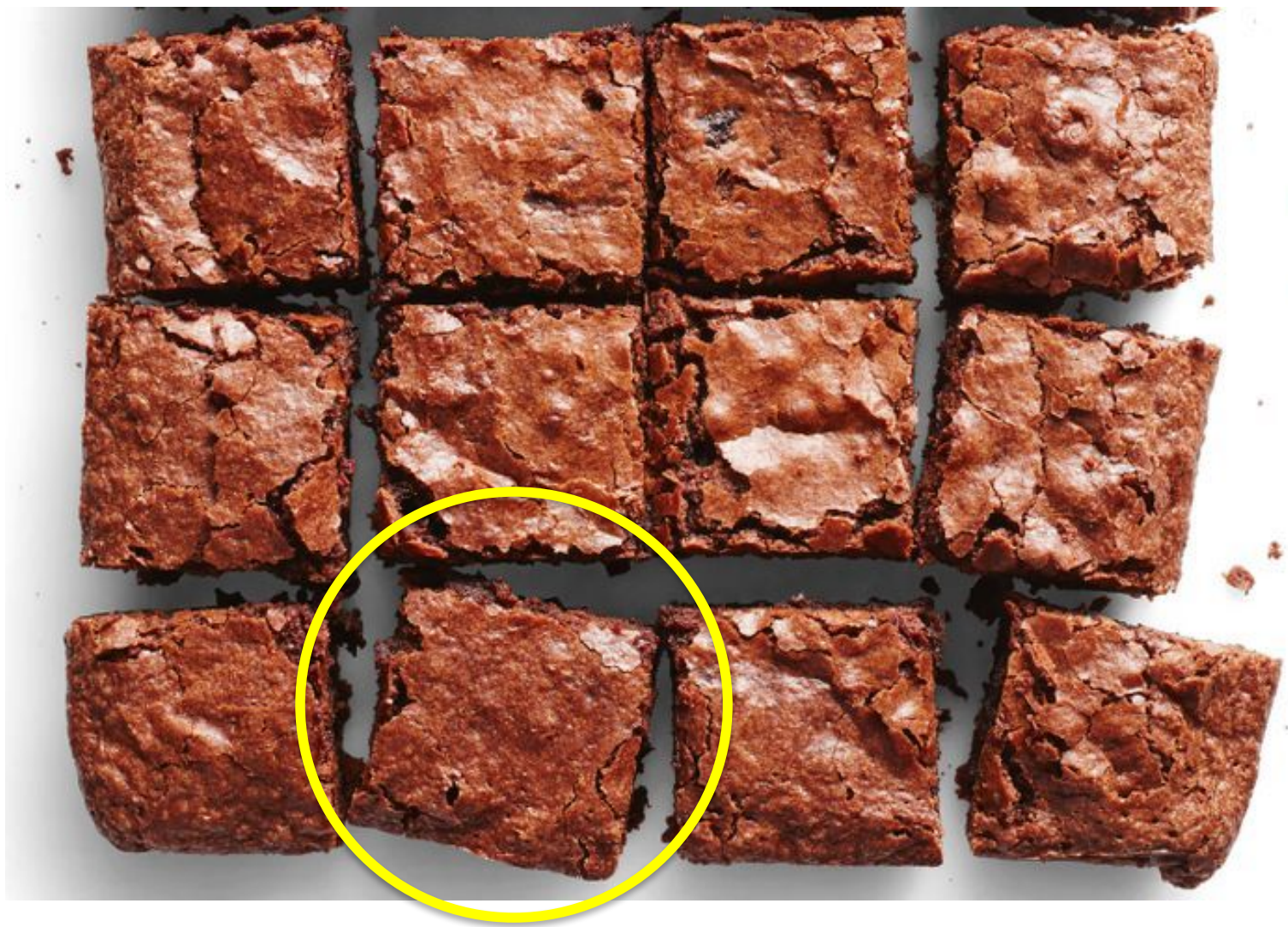
Smoothie

1 cup mixed berries

1 cup blackberries

1 cup milk

290 calories



1 brownie

(1/12 of a pan of brownies)

350 calories

Instead, have 1/2 of a slice for 175
calories and add a cup of
raspberries



1 packet oatmeal
7 halves of unsalted walnuts
1 miniature box of raisins

292 calories



1 pop tart
1 cup milk

290 calories



1 banana
2 Tbsp. peanut butter

292 calories



1 hamburger
1 small order french fry

480 calories

Instead, have just the burger
and a side salad



1 granola bar

180 calories

Instead, have a granola bar
and 1 ½ cups of fruit.