



Healthy & Simple 15 gram Carb Snacks

- Spread 1 tablespoon cream cheese (0g) on 1 full graham cracker (10g) and top with 5 halved grapes (~5g)
- Sprinkle 1 tablespoon dried cranberries and 1 tablespoon toasted slivered almonds atop a 6-ounce carton of plain fat-free Greek yogurt.
- Enjoy a small pear and a light cheese stick.
- Dip ½ a red bell pepper and a ½ cup of carrot sticks in ¼ guacamole.
- Cut 1 ounce of thinly sliced deli ham (0g) into long strips and fold the slices accordion style. Alternately skewer the folded ham slices with ¾ cup of pineapple chunks (15g)
- Go for ¼ cup salsa (4g) with 6 tortilla chips (~11g).
- Mix ½ cup blueberries (~10g) with ¾ cup cottage cheese (~4g)
- Mix ¾ cup whole strawberries (~8g) with 15 almonds (0g) and 1/3 cup plain nonfat yogurt (6g)
- Spread 1 tablespoon of peanut butter (0g) on 1 regular slice of whole wheat bread (~12g)
- Spread 1/4 cup whole milk ricotta cheese (2g) between two stoneground crackers (10g) and drizzle with ½ tsp of honey (3g)
- Fill a bowl with 3 cups of unbuttered, unsalted popcorn (~15g)
- ¾ cups lightly salted edamame
- Spread 1 tablespoon of peanut butter (0g) between 3 celery sticks (0g). Generously sprinkle 2 teaspoons of raisins over top.
- 1/3 cup of granola
- Enjoy a lunch box size apple (small fist size) with 1 tablespoon of peanut butter or 2 tablespoons of almond butter
- 17 grapes, red or green
- Go for 6 saltine crackers with 1 tablespoon peanut butter or 6 slices of cheese
- Enjoy a cup of your choice of veggies and 1 tablespoon of Ranch dressing
- 1 hard boiled egg and half of an English muffin
- 1 Fun-Size Snickers or other Fun-Size bar of your choice
- ½ cup of your choice of ice cream
- 2 Oreo cookies
- 1 Snack Size pack of your choice of potato chips
- ¼ cup of trail mix or mixed nuts



Alcohol

- 12 ounce regular beer
- 10 ounce stout beer
- 10 oz. of dry champagne
- 10 oz of dry white wine or red table wine
- 15 oz light beer

Party Mixer Drink Recipe (15g)

- 1 oz sweetened cranberry juice
- 1 wedge lime
- 3 oz Champagne or sparkling wine
- 3 frozen cranberries

In a chilled champagne flute add juice and squeeze lime. Top off with champagne or sparkling wine. Garnish with cranberries.