

Snacks

Keep yourself going between meals with two of these snacks a day.

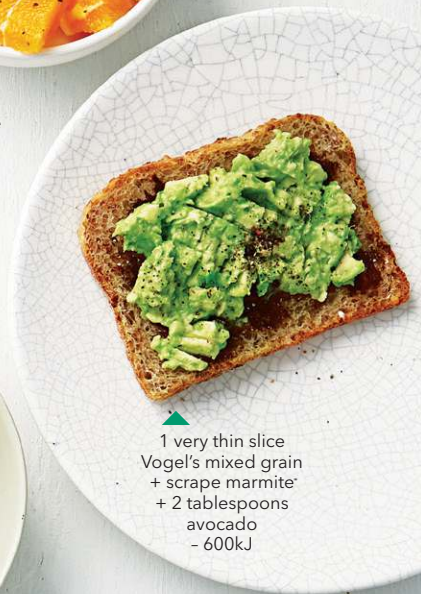
Enjoy two snacks per day during the Kick-start Plan



2 x multigrain Corn Thins + 2 tablespoons cottage cheese - 520kJ



1 orange + ¼ cup low-fat plain yoghurt + 1 teaspoon grated dark chocolate - 470kJ



1 very thin slice Vogel's mixed grain + scrape marmite + 2 tablespoons avocado - 600kJ



¼ cup ricotta or cottage cheese + 1 small (or ½ large) apple, sliced - 540kJ



1 Froyze ball - around 300kJ (check the nutrition information as it may vary)



1 hard-boiled egg + 2 tablespoons dukkah - 540kJ



¼ cup yoghurt + 1 tablespoon granola - 310kJ

Smoothie: ¼ cup trim milk, ½ banana, 1 tablespoon oats, ¼ teaspoon nutmeg, to garnish - 600kJ



¼ cup hummus, 1 cup cucumber spears - 430kJ

½ cup edamame beans with chilli flakes - 500kJ