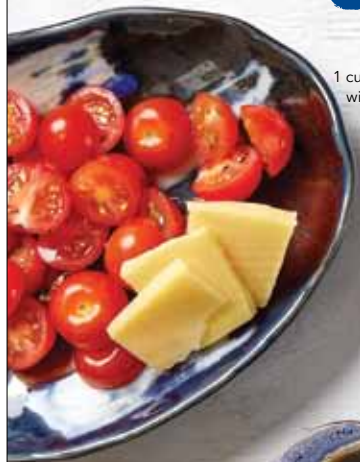


Keep yourself going between meals with two of these snacks a day.

Snacks

Match with Meal plans in this booklet, or at healthyfood.com/KSPlan



1 cup **cherry tomatoes** with 20g **parmesan**
◀ 440kJ



Tasti Made Simple Cocoa Orange bar (or other <600kJ bar)
522kJ

Kiwifruit, yoghurt and molasses 1 kiwifruit, ¼ cup reduced-fat, Greek-style yoghurt, ½ teaspoon blackstrap molasses
▼ 510kJ



◀ **Broccoli and rocket soup** made with 1 cup broccoli, 1 cup rocket, 1 spring onion, 1 clove garlic, ½ cup reduced-salt stock.
250kJ

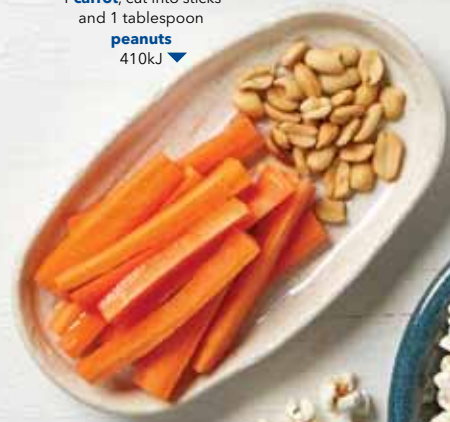
½ cup fresh or **frozen berries** with ¼ cup **ricotta**
480kJ ▼



◀ 2 tablespoons **almonds**
450kJ



1 **carrot**, cut into sticks and 1 tablespoon **peanuts**
410kJ ▼



2 cups **homemade popcorn** (air-popped) with chilli and paprika sprinkle
▼ 300kJ



Seed crackers and hummus 2-3 small seed-based crackers (eg Penati) with 2 tablespoons hummus
560kJ



◀ **Toast** made with 1 slice extra-thin **Vogels**, 1 sliced **tomato** and 10g **shaved parmesan**
520kJ



To sign up for your 12 weeks of Kick-start Motivator emails, head to healthyfood.com/motivate

