



The guide
to snacks
&
snacking!

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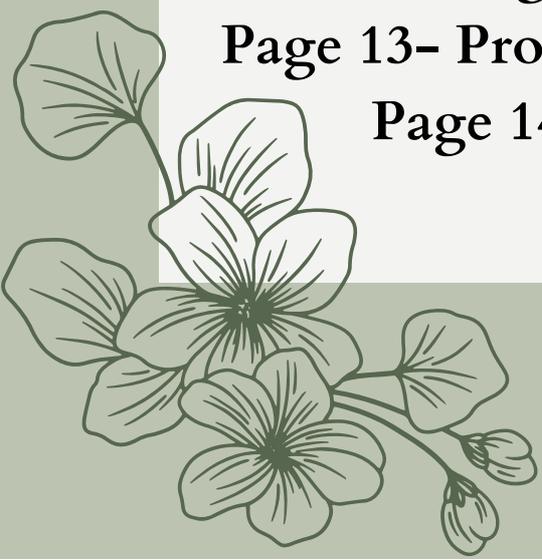
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Snack Options & Guidance...

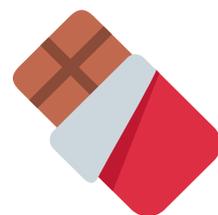
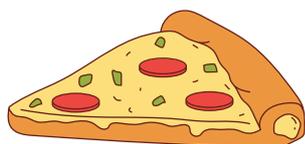
Snacks are not bad for you but it is a great idea to stay within a 100 calorie radius if you are going to have up to 3 snacks a day.

It is good to be aware of the calories contained in snacks because even if they are small you still need to be aware of cals/energy you consume. With snacks we can easily bump our calories up and over consume food/snacks! As we know, snacks and not tracking them can be a cause of weight gain.



I have made this guide to give you lots of snack ideas, as when it comes to snacks people are scared of what to eat. With this guide you will now have lots of ideas & be given the reassurance you need around snacks.

You know when you are going on a date night to the cinema or maybe having a movie night in at home and then you go to the shop to get snacks? This guide will help you to pick things that are not going to push your calories all over the place. Make sensible choices where you can and remember to stay in that 100 cal marker if you have up to 3 snacks a day.



There is no denying that Fruit & Vegetable & Protein snacks are always going to be the best in terms of having more nutrients, but that doesn't mean you can't pick the less nutrient dense ones!!

Some snacks and meals will contain more nutrients than others but that isn't to say you can't pick snacks you enjoy!

What is the difference between nutrient dense and less nutrient dense?

The easiest way I can explain nutrient dense and less nutrient dense food is like this:

Imagine you could choose between a chocolate bar and a piece of fruit.

If you go for the chocolate bar this will have less nutrients than a piece of fruit. This makes the chocolate bar a less nutrient dense food and the piece of fruit a more nutrient dense food!

Less Nutrient Dense

Nutrient Dense



What is the difference between nutrient dense and less nutrient dense?

The easiest way I can explain nutrient dense and less nutrient dense food choices is like this:

Imagine you could choose between a pizza and taco's with salad. If you go for the pizza this will have less nutrients than the taco's & salad. This makes the pizza a less nutrient dense meal and the taco's & salad a more nutrient dense meal!

Less Nutrient Dense



Nutrient Dense



Is it ok to choose less
nutrient dense foods over
more nutrient dense foods?

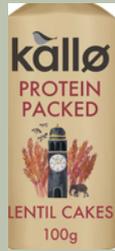
Of course it is!

There are going to be times where you will
opt for a chocolate bar or pizza but the
thing is there is nothing wrong with that!

However, if it becomes a habit daily and
starts to happen too frequently this can
take you further away from your goal.

You have to understand that healthier
foods that are more nutrient dense are
always better for you, but it's ok to choose
less nutrient dense foods from time-time.
We all love them! And remember you are
human!

Protein snacks that will boost your protein intake & keep you full...



x3 lentil rice cakes- 5g protein- 90 cal



100g Chicken- Protein Pot- 27g protein- 100 cal



x2 boiled/scrambled eggs- 12g protein- 120 cal



0% fage yoghurt with 100g berries- 10g protein- 84 cal



Peanut butter with celery sticks- 4-5g protein- 100 cal per 2-4 sticks



Whey Isolate Or Whey Protein Shake- 15-20g protein- 223 cal



My protein choc balls- 15g protein- 158 cal



Protein Bar-15-20g protein- 227 cal

Fruits & Veggies...



50g Houmous - 80 cal



x1 Whole Pepper Sliced- 30 cal



Cup of Kale- 30 cal



Cup of spinach- 30 cal



100g-200g Broccoli- 80 cal



100g-200g Carrots- 80 cal



x1 Apple Sliced- 50 cal



x1 Banana- 100 cal



100g Red/Green Grapes- 67 cal



100g Raspberries/Strawberries-
30 cal



100g Pineapple- 50 cal

Savoury snacks that won't break the calorie bank...



x1 bag Thai sweet chilli lentil curls- 91 cal



x1 light baby bell- 43 cal



x1 bag of fridge raiders chicken- 47 cal



x1 pack of wotsits- 90 cal



x1 pack of french fries- 91 cal



x1 pink wafer- 40 cal



x1 smallbag of popcorn- 77 cal



x1 small pack of pop chips- 95 cal

Sweet snacks that won't break the calorie bank...



x1 mini milk- 30 cals



x1 fruit winder- 67 cals



x1 Ski Mousse- 77 cals



x1 chupa chup lolly- 43 cals



x1 haribo mini bag- 34 cals



x1 hartleys jelly pot- 10 cals



x1 mini party ring bag- 92 cals

Chocolate snacks that won't break the calorie bank...



x1 bar- 21.5g- 97 cal



Per x1 rice cake - 55 calss



x1 bar- 21.5g- 97 cal



x1 bar- 90 calories



x1 bar- 99 calories

Cereal bar snacks that won't break the calorie bank...



x1 bar- 66 cals



x1 bar- 65 cals



x1 square bar- 119 cals



x1 bar loaf- 98 calories



x1 bar - 84 calories

Food that you can count as protein snacks or protein meals..

Top tip: These are also great things to eat before a workout or afterwards!



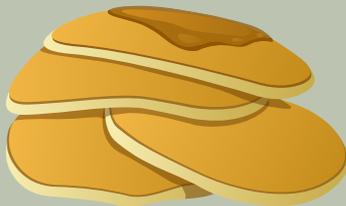
Omelette x2 eggs with protein & greens - 15g protein- 250 cal



x1 bagel with x2 turkey slices- 10-12g protein- 280 cal



40g Coco Pops with 100ml milk- 7-8g protein- 215 cal



Protein Pancakes 50g protein powder pancake mix- 2 scoops- 32g protein- 187 cal



40g Oats with 100-200ml milk topped with berries - 12g protein - 280 cal

Top tip: These are also great things to eat before a workout or afterwards!

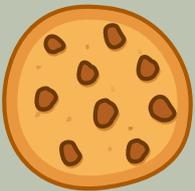
Snacks to be aware of and I don't recommend consuming these on a daily basis as they will not suit your goals...



Donuts- I've used a lotus biscoff one from Krispy Kreme which contains 367 calories.



Cakes- I've used a lemon muffin from costa which contains 367 calories



Cookies- I've used a chocolate chunk cookie from starbucks which contains 361 calories



Coffees- I've used a ginger bread latte from starbucks which contains 412 calories



Milkshakes- I've used one from five guys which contains 620 calories

By now you should:

- Have a good understanding of what nutrient dense and less nutrient dense is!
- The difference between nutrient dense and less nutrient dense!
- What snacks are going to provide you with the most nutrients!
- What snacks you can have & pick whenever knowing that it's ok to go for the less nutrient dense ones too!
- Understand which snacks are going to provide you with the most protein & nutrients to suit your goals!
- Which snacks don't suit your goals & which ones to steer clear of!
These are not to be consumed on a weekly basis as this will take you further away from your goals!
- Become aware of snacking and how the calories can add up which can impact results if they are not tracked correctly!
- Know that you can and should stay within the 100 calorie range if you snack frequently through the day!
- You should have lots of ideas now on snacks and from this guide you should be able to make better decisions that are going to contribute to your goals!

I hope you have found this very useful!