

# Healthy Snacks For Weight Loss Easy

# SNACKS

## CHEAT SHEET

CALORIES PER SERVING



BUTTER 190 cals



ALMONDS 160 cals



EGGS (2) 156 cals



YOGURT 120 cals



TUNA 120 cals



DRIED FRUIT 110 cals



CHEESE 110 cals



JERKY 90 cals



BANANA 90 cals



APPLE 80 cals



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CARROTS 30 cals

# Weight Loss Ideas

**Wolfgang Guggemos**



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