Snack Ideas

**STRING CHEESE WITH FRESH FRUIT**
1 oz. low-fat string cheese and 1 medium apple.
**CALORIES: 150 | PROTEIN: 8 g**

**PROTEIN DRINK MIX**
Stir 2 scoops of Herbalife Nutrition Protein Drink Mix, any flavor, with 8 fl oz. of cold water.
**CALORIES: 110 | PROTEIN: 15 g**

**HUMMUS DIP AND RAW VEGETABLES**
½ cup hummus with cucumber, carrot and celery sticks.
**CALORIES: 150 | PROTEIN: 6 g**

**LOW-FAT LATTE**
Made with 12 oz. low-fat milk or soy milk. Sprinkle with cinnamon.
**CALORIES: 150 | PROTEIN: 9 g**

**TURKEY BREAST SLICES AND WHOLE GRAIN CRACKERS**
2 oz. sliced turkey and 4 medium-sized whole grain crackers.
**CALORIES: 145 | PROTEIN: 18 g**

**EDAMAME BEANS**
Drop 1 cup frozen edamame beans (in the pod) into boiling water for a few minutes. Sprinkle with a little salt or soy sauce.
**CALORIES: 150 | PROTEIN: 12 g**

**BONANZA ICE POPS**
- 2 scoops Herbalife Nutrition Formula 1 Nutritional Shake Mix, any flavor
- ½ cup nonfat milk
- ½ cup nonfat Greek-style yogurt, vanilla
- ½ cup berries or chopped fruit
Place all ingredients in a blender and blend until very smooth. Pour into four 1/3-cup (80 ml) ice pop molds. Freeze at least 2 hours before serving.
**CALORIES: 85 | PROTEIN: 7 g (per ice pop)**