



CRUNCHY SWAPS

Crunchy Swaps	Because
Mixed Nuts & Seed Crackers	Calorically dense so you only need a few
Kale chips	Counts as a serving of dark, leafy green
Spiced Nuts	Lower in calories
Baked Corn Tortilla Chips	Lighter in calories and fat
Animal Crackers	Made with almond and coconut flour
Apple Chips	Counts as a serving of fruit
Cinnamon Spiced popcorn	Low in calories (3 cups = 139 calories)
Endurance Crackers	Made of chia seeds, calorically dense, very filling
Maple Roasted Chickpeas	Full of protein and fiber