

Snack Cookbook

VOL 1

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Vanilla Cheesecake Pudding

Yield: 4 Servings

Serving Size: ½ cup

Calories: 65+ Calories | 6.5g P | 8g C |

Ingredients

1 box [Jell-O Cheesecake Sugar Free Fat Free Instant Pudding Mix](#) | 100 cal | 20C

2 cups [fairlife fat free milk](#) | 160 cal | 26P | 12C

Optional Ingredients (per batch):

2 Scoops of [vanilla whey](#) | +320 cal | +50P | +18C

Favorite fruit of choice | add cals and macros

Directions

- 1) In a mixing bowl add dry ingredients and whisk together.
- 2) Add 2 cups of milk and continue to whisk for 2 mins.
- 3) Add other whole ingredients at the end.
- 4) Put in the fridge to set for 5 mins.
- 5) Enjoy.

Chocolate Fudge Pudding

Yield: 4 Servings

Serving Size: ½ cup

Calories: 70+ Calories | 6.5g P | 10g C |

Ingredients

1 box [Jell-O Choc Fudge Sugar Free Fat Free Instant Pudding Mix](#) | 120 cal | 28C

2 cups [fairlife fat free milk](#) | 160 cal | 26P | 12C

Optional Ingredients (per batch):

2 Scoops of [chocolate whey](#) | +320 cal | +50P | +18C

Favorite fruit of choice | add cals and macros

Directions

- 1) In a mixing bowl add dry ingredients and whisk together.
- 2) Add 2 cups of milk and continue to whisk for 2 mins.
- 3) Add other whole ingredients at the end.
- 4) Put in the fridge to set for 5 mins.
- 5) Enjoy.

Low Cal Ham Sandwich

Yield: 1 Servings

Serving Size: 1 Sandwich

Calories: 150+ Calories | 11g P | 16g C | 14g Fiber |

Ingredients

4 pieces (2oz) [Virginia Ham](#) | 60cal | 9P | 3C

2 pieces [647 white bread](#) | 80cal | 2P | 13C | 14g fiber

2 tsp [dijon mustard](#) | 10cal |

Optional Ingredients (per Sandwich):

Slice of cheese add cal and macros

Regular white bread +40cal +C

Low Cal PB&J

Yield: 1 Servings

Serving Size: 1 Sandwich

Calories: 70+ Calories | 6.5g P | 10g C | 15g Fiber

Ingredients

2 pieces [647 white bread](#) | 80cal | 2P | 13C | 14g fiber

1 Tbsp [low sugar concord jelly](#) | 25 | 6C |

2 Tbsp [P2B](#) powdered peanut butter | 60 | 6P 5C | 1g Fiber

Optional Ingredients (per Sandwich):

Slice of cheese add cal and macros

Regular white bread +40cal +C

Store Bought Snacks

Frozen Treats

[Halo Top Icecream](#)

[Nick's Icecream](#)

[Yasso Bars](#) Greek Yogurt Bars

[Outshine fruit bars](#)

[Fudge Bars](#)