LEE-ANN WATANABE | A FREE NUTRITION GUIDE

11 Smart Snack Ideas for Your Fitness Goals

Easy snack inspiration, inspired by Lee-Ann's “11 Fat Burning Snack Ideas” video, with portions that can often fit around 100–200 calories.

Hey, gang!

Snacks do not have to be complicated! Here are 11 quick, tasty ideas from my video, plus some bonuses. Mix and match what works for your real life.

One important note: No snack literally burns body fat. These ideas can support a balanced eating routine. Actual calories vary by brand, ingredients, and serving size.

Simple choices. Real-life flexibility. No food guilt.

The 11 snack ideas

Choose what sounds good to you. If you are tracking calories or macros, check the labels and measure portions when it is helpful.

1. Vanilla protein drink

Blend one scoop of vanilla protein powder with water or another beverage you enjoy. For flavor, Lee-Ann suggests a little light drink mix, or blend in a serving of fruit. It's a handy option when you're on the go.

Keep in mind: Calories depend on the powder, liquid, and fruit you use.

2. Apple + cheese

Pair a whole apple with a stick of string cheese or about one ounce of hard cheese. You get sweetness, crunch, and something satisfying all in one snack.

Quick tip: Choose the apple and cheese portions that fit your needs.

3. Toast + nut butter

Spread one tablespoon of peanut butter or almond butter on a slice of toast. It feels simple because it is simple - and that is the point!

Lee-Ann's reminder: Measure the nut butter. A little goes a long way.

4. A small handful of nuts

Count out about 20 almonds or cashews for a no-prep snack that travels well. Nuts are satisfying, but portions matter because they pack a lot of energy into a small amount.

Quick tip: Pre-portion a little snack container instead of eating from the bag.

5. Your favorite cereal

Yes, cereal can be a snack! Check the serving size on the box. Depending on the type, that might be around three-quarters of a cup to one cup. Dense granola may have a much smaller serving.

Lee-Ann's reminder: Read the label instead of guessing the portion.

6. Crunchy vegetables + dip

Try roughly two cups of raw vegetables with about two tablespoons of ranch or a dressing you enjoy. Reduced-fat dressing is an option if you prefer it.

Make it easy: Cut up vegetables ahead of time so they are ready when hunger hits.

7. Crackers + cheese

Grab one labeled serving of crackers and pair it with a string cheese stick or one ounce of your favorite cheese. It is a quick option for a busy afternoon.

Quick tip: Check the cracker serving size and cheese label to estimate the total.

8. Egg-and-salsa tortilla

Add egg whites or whole eggs, a spoonful of salsa, and, if you like, a sprinkle of cheese to a corn tortilla. It can be a tasty little savory snack.

Portion note: Two whole eggs plus tortilla and cheese may exceed 200 calories.

9. Half a sandwich

When you need something you can grab and go, half a sandwich can be a practical choice. Lee-Ann mentions finding one at a convenience store when you are in a bind.

Quick tip: Fillings, bread, and spreads can change the calorie total quite a bit.

10. Tuna + crackers

A small can or pouch of tuna with a handful of crackers gives you a convenient savory snack with protein. Pick the cracker portion that works for you.

Quick tip: Tuna packed in oil or mixed with mayonnaise will change the calories.

11. Cottage cheese + fruit

Mix about half a cup of cottage cheese with half a cup of fruit. Creamy, sweet, and super easy - a great option when you want something that feels like a treat.

Make it yours: Try berries, pineapple, peaches, or whatever fruit you enjoy.

A little snack wisdom

You do not need a perfect snack every time. Some days you need something from your fridge. Other days you need a convenient option from a store. Both can fit into a thoughtful, flexible eating plan.

And yes, it is okay to enjoy food! The goal is to support your day, not make snacks stressful.

Bonus snack ideas

I shared more than 11 ideas in the video, gang! Here are the extras I did not want you to miss.

- Chocolate: If you want a sweet treat, enjoy a small portion. Lee-Ann mentions about an ounce; check the label for calories.
- A whole piece of fruit: An apple, orange, pear, or banana is an easy grab-and-go option. Size affects the calorie total.
- Simple cooked protein: A portion of chicken, turkey, or tuna can be satisfying when you want something savory.
- Air-popped popcorn: About three cups makes a crunchy option. Adding a tablespoon of butter can push it beyond the 100–200-calorie range.
- Celery + nut butter: Try a few celery sticks with one tablespoon of peanut or almond butter.
- A packaged snack bar: Handy for busy days. Check serving size, calories, protein, and sugar because bars vary widely.

Lee-Ann's reminder: Food freedom and portion awareness can work together.

Your easy snack game plan

A few ways to make snack choices easier:

- Pick two or three favorites. You do not need all 11 in your kitchen.
- Check portions. Nuts, nut butters, dressings, bars, and spreads can add up quickly.

- Enjoy your food without guilt. One snack never defines your progress.

Ready to feel more confident around food?

Want help with your calorie and macro targets? Explore my Macros Made Easy nutrition coaching program.

Learn About Macros Made Easy Coaching

Keep it simple, gang! Progress comes from consistency, not perfection.

Aloha!
Lee-Ann Watanabe

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This guide is general nutrition education, not individualized medical advice. Snack calories are approximate and vary by portion and product. If you have health conditions or specific dietary needs, seek advice from a qualified healthcare professional.