

Published based on [Healthy Eating Planner: 31 Days of Healthy, Low-Calorie Snacks](#)

Healthy Eating Planner: 31 Days of Healthy, Low-Calorie Snacks

This is a great healthy snack guide. This healthy snack guide contains five weeks of healthy snack recipes. The recipes include apple sauce, popcorn, sweet potato fries, and many more.

Eat great food and a great body naturally follows. Here are 31 days of OMG-good snacks to satisfy sweet or salty cravings. Almost all have 250 calories or fewer -- perfect for keeping energy up and weight down. We used healthy ingredients that are known disease fighters, [belly](#) shrinkers, and overall health boosters. Get the recipes, nutritional facts, shopping lists, and a calendar with a healthy-eating snack plan on the following pages so you can eat your way to a better body.

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