



Simple

128 Ideas

Sensible

Luke Morbey

Snacking

Fox's Party rings	24kcal	Original digestives	71kcal
Lotus Biscoff	38kcal	Dark Choco Digestive	83kcal
Pink wafer	41kcal	Fibre one choco	87kcal
Rich Tea	43kcal	Jammie Dodger minis	88kcal
Ginger Nut	46kcal	Iced Gems	92kcal
Jaffa cakes	46kcal	Short Bread Fingers	94kcal
Oreo	53kcal	2 finger Kitcat	104kcal
Choco chip cookie	54kcal	Caramel Wafer	134kcal
Custard Cream	59kcal	Kind Almond & salt	200kcal
Bourbon biscuit	68kcal	Belvita Soft Bakes	200kcal



Simple Sensible Snacking



Biscuits & Bars



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Twister Mini lolly 50ml	38kcal
Rocket lollie 60ml	39kcal
Fab lollie 58ml	75kcal
Walls Callippo mini Orange & Lemon	77kcal
Halo Top Sea Salt Caramel stick 100ml	80kcal
Walls soft vanilla 100ml	82kcal
Halo Top Birthday cake sticks 100ml	90kcal
Mini Milk 35ml	91kcal
Halo Top Strawberry cheesecake 100ml	100kcal
Mark ice cream 51ml	140kcal
Cornetto Strawberry 90ml	170kcal
Oppo Double salter caramel 475ml	178kcal
Snickers ice cream 53ml	179kcal
Oppo Chocolate & hazelnut 475ml	195kcal
Magnum White choco 110ml	237kcal
Magnum Almond 100ml	244kcal



Ice cream



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100g Raisins	330kcal
100g Bannana	95kcal
100g blueberries	70kcal
100g Grapes	66kcal
100g Kiwi	55kcal
100g Apple	55kcal
100g cherries	50kcal
100g Orange	49kcal
100g pineapple	46kcal
100g Apricot	37kcal
100g watermelon	32kcal
100g blackberries	32kcal
100g rasberries	31kcal
100g Strawberries	30kcal

20g pecan nuts	145kcal
20g Brazil nuts	142kcal
20g Peanuts	132kcal
20g Walnuts	131kcal
20g Hezelnuts	126kcal
20g Almonds	116kcal
20g Pistachios	112kcal
20g Cashews	111kcal
20g flax seeds	101kcal
20g Chai seeds	84 kcal



Fruit & Nuts

Cadbury Dairy Milk Freddo 18g	95kcal
Nestle Areo Peppermint 27g	143kcal
Cadbury wispa 30.5g	167kcal
Cadbury Twirl 34g	180kcal
Nestle Smarties 34g	182kcal
Cadbury dairy milk 36g	192kcal
Nestle Toffee crisp 38g	198kcal
Kitkat Chunky 40g	202kcal
Hershey's cookies n cream 40g	210kcal
Cadbury Snickers 42g	217kcal
Mars chocolate 51g	228kcal
Galaxy smooth 42g	229kcal
Kinder Bueno 43g	244kcal
Kinder Chocolate 50g	284kcal



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Chocolate bars

Gold Standard Whey Strawberry 29.4g	110kcal
Gold Standard Whey Chocolate 29.4g	113kcal
Gold Standard Whey Birthday Cake 29.4g	115kcal
Mars HiProtein Bar 59g	207kcal
Snickers HiProtein Bar 55g	213kcal
Grenade Carb Killer Caramel chaos 60g	214kcal
Grenade Carb Killer Fudge Brownie 60g	215kcal
Grenade Carb Killer Cookie Dough 60g	218kcal
Grenade Carb Killer Birthday Cake 60g	218kcal
Grenade Carb Killer Salted Caramel 60g	226kcal
Grenade Carb Killer Dark Choco Raspberry 60g	233kcal
PHD Smart Bar Birthday Cake 64g	236kcal
PHD Smart Bar Choco Brownie 64g	237kcal
PHD Smart Bar Caramel Crunch 64g	238kcal



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Protein bars & Shakes



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Smiths Snaps Spicy tomato 13g	65kcal
Walkers French Fries 18g	79kcal
Frazzles Bacon 18g	87kcal
Snack A Jacks Salt & Vinegar Rice Cakes 23g	93kcal
Hula Hoops Original 24g	121kcal
Jacob Mini Cheddars Original 25g	128kcal
Walkers Sun bites Sweet Chilli 28g	134kcal
Walkers Quavers Cheese 34g	182kcal
Wotsits Cheese 36g	196kcal
Walkers Sensations Thai Sweet Chilli 40g	197kcal
Monster Munch Pickled Onion 40g	197kcal
Pringles Sour Cream & Chive 40g	206kcal
Skips Prawn Cocktail 40g	217kcal
Doritos Tangy Cheese 55g	239kcal



Crisps



Green tea	0kcal
Black Coffee	0kcal
Pepsi Max 500ml	1kcal
Tea Spoon of Sweetener ~1g	2kcal
Tea + 10ml Semi Skimmed milk	5kcal
Monster Energy Ultra 500ml	11kcal
Tea spoon of sugar ~4g	16kcal
Cappuchino with Semi Skimmed Milk	90kcal
Latte with Semi Skimmed Milk	103kcal
Tropicana Smooth Orange Juice 500m	144kcal
Tropicana Fruit Juice 330ml	146kcal
Tropicana Apple Juice 500ml	150kcal
Costa Medium Skinny Hot Chocolate	157kcal
Mocka with Semi Skimmed Milk	237kcal



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Hot & Cold Drinks



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Vodca Diet Coke 250ml	60kcal
Tequila Shot 40ml	65kcal
Champagne Flute 125ml	90kcal
Whisky 40ml	97kcal
Martini 250ml	103kcal
Single Gin & Tonic 250ml	110kcal
Jack Daniel's & Coke 250ml	120kcal
Pimm's & Lemonade 250ml	163kcal
White Wine 250ml	175kcal
Red Wine 250ml	190kcal
Standard Point of beer ~500ml	195kcal
Kopparberg Mixed Fruits 330ml	197kcal
Jagerbomb 250ml	210kcal
Baileys Iced Coffee 250ml	275kcal



Alcoholic Drinks

**Snacking should not be restricted on a diet,
Simply more calorie conscious.**

Acknowledge snacking happens

This may be alcohol, crisps, chocolate, nuts, fruit
& biscuits with a cup of tea.

Snacking should fit a proportion of your daily
calories, 10% of your daily intake fits sensibly.
i.e. 3000 calories per day = <300kcal of snacks per day



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To Calculate your Daily calorie intake:

- Download MyFitnessPal and set up
- Complete Harris Benedict Formula Online
- Calorie Count & work out your own numbers