

Cinch™ Snack Bars are the perfect afternoon snack. They're low in calories (120-130 per bar) and an excellent source of soy protein. Each bar provides 10 grams of protein enhanced with leucine. However, if you're "cinching" the soy-free way with our delicious Cinch™ Whey Protein Blend Shakes, you may feel stumped as to how you can get a healthy soy-free snack in while maintaining your inch-cinching goals. To help you, here's a list of several soy-free snack ideas, all simple to make, portable and a great option for your afternoon energy break.

Recipes

Yogurt Parfait

Mix this up in a cup and take it along with you for a sweet afternoon treat.

- **2/3 C Fat-free Plain Yogurt**
- **1/4 C Fresh Raspberries**
- **1/4 C Whole Grain Cereal**

128 calories, 9.8 grams protein

Cheesy Apple Slices

A super quick sweet and crunchy apple treat.

- **1 fresh apple, sliced**
- **1 oz. Low-fat Cheddar Cheese**

121 calories, 7 grams protein

Peanut Butter Munchies

Your favorite after school snack when you were a kid- enjoy it again!

- **1.5 tbsp. Natural Low-fat Peanut Butter**
- **3 pieces Whole Wheat Melba Toast**
(This snack counts as an additional serving of fat)

190 calories, 9 grams protein

Quick Quesadilla

This is an easy one to cut into wedges and enjoy with some salsa

- **1 Fat-free Whole Wheat Tortilla**
- **1 oz. Low-Fat Monterey Jack Cheese**
- **1/4 C Salsa**

145 calories, 10 grams protein

Tuna On-the-Go Salad

Pairs wonderfully with iced EnergyTea!

- **1.5 oz. Light Tuna Canned in Water (about 1/4 a can)**
 - **1/2 tbsp. Smart Balance Mayo**
 - **5 Whole Wheat Crackers**
- Season to taste with salt, pepper and lemon juice.

129 calories, 12 grams protein

Savory Cottage Cheese Salad

This colorful recipe will be a worthwhile treat with some Pomegranate Energy Tea.

- **1/2 C 2% fat Cottage Cheese**
 - **1/4 fresh Cucumber**
 - **1/2 fresh Tomato**
- Season to taste with salt, pepper, dried basil and oregano.

124 calories, 16 grams protein

Veggies and Spread

Sugar snap peas are a great crunchy, low calorie snack with protein too!

- **1 C fresh sugar snap peas**
- **8 baby carrots**
- **1 wedge Low-fat Swiss Spreadable Cheese (ie. Laughing Cow)**

138 calories, 7.5 grams protein

Egg Salad for One

Mix this up and take it to go, just enough for one.

- **1 Hard-boiled Egg**
- **1 tbsp. Smart Balance Mayonnaise**
- **5 Whole Wheat Crackers**

164 calories, 8 grams protein

The Ole Standby Half Sandwich

When all else fails, make a half a sandwich!

- **1 slice whole wheat bread**
 - **2 slices Roasted, Low Fat Turkey**
 - **1/2 tbsp. Smart Balance Mayo**
- Remember to add lettuce or sprouts to your sandwich, they are free foods!

148 calories, 10 grams protein

