



## Class #3 Snacks

Oh Yeah Bar Snack Size

Forti FX Bar Snack Size

1 small Package of Pop Chips

1 Choklat Crunch Bar from Power Crunch

1 small Package of Pop Corners

2 Packages of Perky Jerky

½ of a Rock N Roll Bar

1 Cup of Breyers Carb Smart Ice Cream

2 Cups of Thrive Ice Cream

Up to 2 Sugar Free Vita Tops

Thrive Approved Cheese Toast

1 handful of almonds or macadamias

3 handfuls of pistachios

A Chocolate Chip Triplex Cookie

6 Healthsmart pecan clusters

6 Healthsmart Peanut Butter Patties

Up to 2 packages of Healthwise Protein Chips

Up to 2 Packages of Protein Krinkles

Up to 2 Packages of Chocolate Cinnamon bites

Asparagus Wraps with cheese and ham

Advocare Coffecino and 5 Biscotti

Advocare Spark 2 Packages

\*The list goes on and on and on

## Class #3 FREEBIES



Broccoli

Celery

Bell Peppers

Cucumbers

Asparagus

Cabbage

Fake Hash Browns using Butternut  
Squash

Dill Pickles

Sunflower Seeds in the shell (Suck on  
them)

Orbit Gum

Xylichew

Egg White Poppers

5 Biscotti

Bran Crisp Cheese Toast

¼ Cup Fat Free Cream Cheese

¼ Cup Low Fat Cottage Cheese

3 XS Energy Drinks

Fake Sweet potato

Bran Crisp and your favorite Walden  
Farms Calorie Free Spreads

Thrive Approved Egg Drop Soup

Fried Miracle Rice with Stir Fry Veggies

\*Use Walden Farms Calorie Free Spreads for Flavor

\*\*Advocare Products can be purchased at [www.advocare.com/1108887](http://www.advocare.com/1108887)

\*\*\*XS energy Drinks can be purchased at [www.amway.com/travsmartinstore](http://www.amway.com/travsmartinstore)