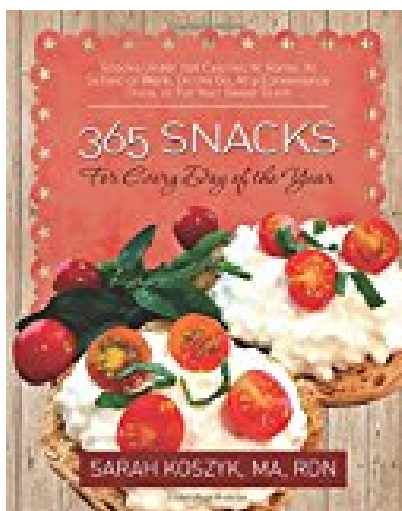


# 365 Snacks for Every Day of the Year Snacks Under 250 Calories At Home At School or Work On the Go At a Convenience Store or For Your Sweet Tooth

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## BOOK DETAILS

- Author : MA, RDN, Sarah Koszyk
- Pages : 94 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1539158926

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## BOOK SYNOPSIS

Snacks Under 250 Calories At Home, At School or Work, On the Go, At a Convenience Store, or For Your Sweet Tooth. Enjoy a healthy snack for every day of the year. Using this book, you will be able to: \* Learn what a healthy snack is \* Understand how to easily plan and prep snacks \* Know how to choose a healthy snack from a store when on the road \* Get 365 snack examples to fuel and nourish you daily 365 Snacks for Every Day of the Year accommodates all dietary preferences and needs in 250 calories or less per snack. Get ready to stay energized, fueled, and nourished while increasing your metabolism, reducing sugar cravings, controlling your hunger levels and blood sugars, and preventing afternoon crashes. All through the Power of Snacking. Snacking is an effective and enjoyable way to assist with weight management while gaining an abundance of nutritional benefits.

### **365 SNACKS FOR EVERY DAY OF THE YEAR SNACKS UNDER 250 CALORIES AT HOME AT SCHOOL OR WORK ON THE GO AT A CONVENIENCE STORE OR FOR YOUR SWEET TOOTH**

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