

HIGH VOLUME & LOW-CALORIE FOODS

(nutrition facts per 150g of each item)

WATERMELON



45 cals

STRAWBERRIES



48 cals

BLUEBERRIES



86 cals

@faustipeve

PEACH



59 cals

**GREEK
YOGURT**



90 cals
1 cup

CARROTS



53 cals

**BUTTERNUT
SQUASH**



60 cals

CAULIFLOWER



35 cals

**POPCORN
(PLAIN)**



44 cals
1 cup

GREEN BEANS



53 cals

EGG WHITE



133 cals
1 cup

**SPAGUETTI
SQUASH**



40 cals

CUCUMBER



22 cals

CELERY



24 cals

PICKLES



18 cals

TOMATO



27 cals

BEET



66 cals

**BANANA
PEPPERS**



40 cals

BELL PEPPERS



41 cals

ASPARAGUS



33 cals

Low Calorie Food Guide

SB Merriam

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'SB Merriam' text.

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