

Snacks Masterlist

✓ *Snacks option*

- 1)Khakhra (20 gm) (1 medium size) (90 calories)
- 2)Makhana (25gm) (1 medium katori) (90 calories)
- 3)Rosted Chivda with peanuts (25 gm) (1 medium katori) 90 calories
- 4)Handful Peanuts (15 gm) (20 to 22 pieces) (90 calories)
- 5)Handful sing chana (20gm) (2 to 2.5 tablespoon) (100 calories)
- 6)Homemade Popcorn (20gm) (80 calories)
- 7)Sprouts mug bhel (100gm) (1 medium dish)(80 calories) (mix of sprouts and veggies as per choice)
- 8)Mamra Bhel (preferably with added vegetables) (70 to 80gm) (1 medium dish) (100 Calories) (mix of Mamra and veggies as per choice)
- 9)Chikki (Til or Peanuts)(20 gm)(2 medium size square) (80 to 100 Calories)
- 11)Dryfruits Laddu (1 medium size) (20gm) (100 calories)
- 12)Ragi Dryfruits laddu (1 medium size) (20gm) (100 calories)