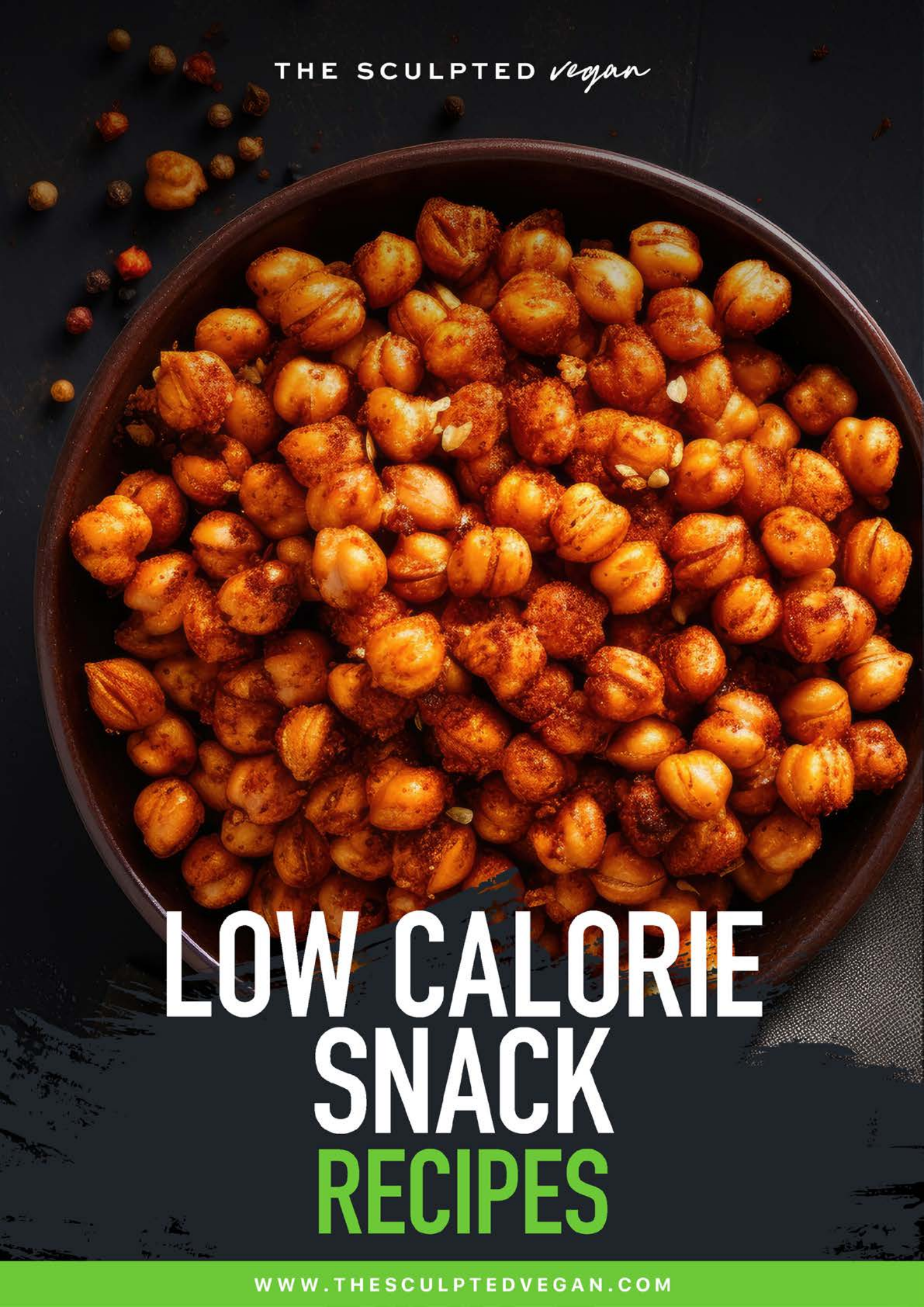
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LOW CALORIE SNACK RECIPES

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OUR GIFT TO YOU



Low Calorie Snack Recipes

Each day, have a filling breakfast, lunch, and dinner. Then, you can add these low-calorie snacks if you are still hungry. Enjoy!

Salt and Vinegar Kale Chips

INGREDIENTS

- 120g (4.2 oz) kale, stems removed and leaves torn into bite-sized pieces
- 1 tbsp apple cider vinegar
- 1 tsp extra-virgin olive oil
- ¼ tsp sea salt

INSTRUCTIONS

1. Preheat oven to 275°F (135°C).
2. Toss the kale with olive oil, vinegar, and salt in a bowl.
3. Spread evenly on a baking sheet and bake for 20-25 minutes until crispy, flipping halfway through.
4. Let cool and enjoy.

Cucumber Slices with Tajín

INGREDIENTS

- 1 large cucumber, sliced
- 1 tsp Tajín seasoning
- 1 tbsp lime juice

INSTRUCTIONS

1. Slice cucumber into rounds and arrange on a plate.
2. Sprinkle Tajín seasoning and drizzle lime juice over the slices.
3. Enjoy immediately or chill for a refreshing snack.

Spicy Roasted Chickpeas

INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tsp extra-virgin olive oil
- ½ tsp smoked paprika
- ½ tsp chili powder
- ¼ tsp garlic powder
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with olive oil and seasonings.
3. Spread on a baking sheet and roast for 25-30 minutes, shaking halfway, until crispy.
4. Let cool and store in an airtight container.

Baked Zucchini Chips

INGREDIENTS

- 1 large zucchini, thinly sliced
- 1 tsp extra-virgin olive oil
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 225°F (110°C).
2. Toss zucchini slices with olive oil, garlic powder, onion powder, salt, and pepper.
3. Arrange in a single layer on a baking sheet and bake for 1-1.5 hours until crisp.
4. Let cool before enjoying.

Crispy Roasted Seaweed (Nori)

INGREDIENTS

- 5 sheets of nori (seaweed)
- 1 tsp sesame oil
- ¼ tsp sea salt
- 1 tsp sesame seeds (optional)

INSTRUCTIONS

1. Preheat oven to 300°F (150°C).
2. Brush nori sheets with sesame oil and sprinkle with salt and sesame seeds.
3. Cut into squares and bake for 8-10 minutes until crisp.
4. Let cool and enjoy as a light, crunchy snack.

Crispy Jicama Fries with Chili Lime Seasoning

INGREDIENTS

- 1 medium jicama, peeled and sliced into fry shapes
- 1 tbsp lime juice
- 1 tsp chili powder
- Salt to taste

INSTRUCTIONS

1. Toss jicama fries with lime juice, chili powder, and salt.
2. Chill in the fridge for 30 minutes for extra crunch.
3. Serve cold or at room temperature.

Roasted Edamame

INGREDIENTS

- 160g (5.6 oz) frozen shelled edamame
- 1 tsp extra-virgin olive oil
- ½ tsp garlic powder
- ¼ tsp black pepper
- Salt to taste

INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Toss edamame with olive oil, garlic powder, pepper, and salt.
3. Spread on a baking sheet and roast for 20-25 minutes, stirring halfway through, until crispy.
4. Cool and enjoy.

Buffalo Roasted Cauliflower

INGREDIENTS

- 1 small head cauliflower, cut into florets
- 1 tbsp extra-virgin olive oil
- 2 tbsp hot sauce (like Frank's RedHot)
- ¼ tsp garlic powder
- ¼ tsp smoked paprika
- Salt to taste

INSTRUCTIONS

1. Preheat oven to 425°F (220°C).
2. In a large bowl, toss cauliflower florets with olive oil, hot sauce, garlic powder, paprika, and salt.
3. Spread on a baking sheet and roast for 20-25 minutes, flipping halfway, until tender and slightly crispy.
4. Serve warm with a light dipping sauce, if desired.

Garlic and Herb Roasted Mushrooms

INGREDIENTS

- 2 cups button or cremini mushrooms, halved
- 1 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- ½ tsp dried thyme
- ½ tsp dried oregano
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Toss mushrooms with olive oil, garlic, thyme, oregano, salt, and pepper.
3. Spread on a baking sheet and roast for 15-20 minutes until tender and browned.
4. Let cool slightly before enjoying.

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
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