



LOW-CALORIE SNACKS

12 Simple Snacks To Help You
Stay Full & Lose Belly Fat

Livingood Daily



INTRODUCTION

***Hunger** is the #1 reason most people fall off their fat loss plan.*

I've guided tens of thousands of people through fat-loss challenges, and the ones who succeed long-term are usually not the ones with the most willpower. They're the ones who figure out ***how to stay full while eating fewer calories.***

That's why I put ***this guide*** together.

These low-calorie snack recipes are designed to help you ***beat cravings, stay satisfied*** between meals, and keep moving toward your goals without feeling like you're starving yourself.

Because fat loss gets a whole lot easier when you have snacks that actually ***fill you up, support your metabolism,*** and still taste like something you want to eat.

Use this guide to prep simple, healthy snacks you can keep on hand throughout the week — so when hunger hits, you're ready with something that works for your body instead of against it.

A Quick Note Before You Snack...

If your goal is fat loss, the best place to start is to just eat three healthy, filling meals each day — and use snacks only when you truly need them. As you work up to a new fasting schedule, you can also use some of these as a simple meal replacement.



Stovetop Popcorn

🕒 5 minutes

🍴 Serves 1

Ingredients:

- 2 tbsp organic popcorn kernels
- 1–2 tbsp organic coconut oil (or avocado oil)
- Pinch of sea salt
- Drizzle of olive oil

Alternative Toppings:

- Nutritional yeast for savory popcorn
- Cinnamon for sweet popcorn
- Paprika for smoky popcorn
- Garlic salt for savory popcorn

Instructions:

Heat the oil in a pot with a tight-fitting lid over medium-high heat. To test if the oil is hot enough, add 3 kernels to the pot. Once all three have popped, remove them and add the remaining kernels. Cover with the lid and shake the pot occasionally until the popping slows to about 2 seconds between pops.

Remove from heat and pour the popcorn into a bowl. Immediately top with sea salt, olive oil, or your toppings of choice, then stir to coat evenly.



This recipe makes about 3 cups of popcorn, which comes in around **100 calories** before adding any oil or toppings.





Watermelon Fries

🕒 5 minutes

🍴 Serves 1

Ingredients:

- 1 cup watermelon, sliced into thick sticks like steak fries
- ¼ cup organic cottage cheese
- ¼ cup fresh raspberries
- ¼ tsp pure vanilla extract
- Stevia or monk fruit drops to taste

Instructions:

Blend the cottage cheese, raspberries, and vanilla in a blender until smooth. Pour into a small bowl and serve as a dip with the watermelon sticks.



This recipe makes a single serving that comes in at about 130 calories with 10 grams of protein!



Tip: To pick a good watermelon, look for a yellow or buttery-colored spot on the bottom. It should feel heavy for its size and sound hollow when you tap it. Store at room temperature until you're ready to cut it.





Strawberry Lemonade Electrolyte Gummies

🕒 20 minutes + Cooling (3 hours to overnight)

🍴 Serves ~20 gummies

Ingredients:

- 1 scoop [Livingood Daily Strawberry Lemonade Electrolytes + Energyze](#)
- 1 cup water
- 1 lemon, juiced
- 2 tbsp unflavored grass-fed gelatin

Optional:

- ½ cup unsweetened cherry juice
- 1 tbsp raw organic honey

Instructions:

In a small pan, whisk the gelatin into the water until fully combined with no clumps. Warm over low heat, whisking continuously, until the gelatin dissolves into a clear liquid, but do not boil. Once fully dissolved, remove from heat and whisk in the lemon juice, electrolyte powder, and any optional ingredients until fully combined. Pour into a silicone mold of your choice and refrigerate for at least 3 hours. Store in the fridge.



The calories per serving will vary based on the size of your silicone mold, but the entire recipe totals **under 100 calories.**



Tip: You can also make this recipe as a healthy jello instead of gummies. Follow the same ingredients and instructions, but pour into an 8x8 pan instead of silicone molds. Makes approximately 10 jello squares.





Simple Chocolate Mousse

🕒 5 minutes + Cooling (2 hours to overnight)

🍴 Serves 2

Ingredients:

- 1 cup organic cottage cheese
- 2 scoops [Livingood Daily Chocolate Collagen](#)
- 2 tbsp cocoa powder

Optional:

- Stevia or monk fruit drops to taste

Instructions:

In a medium bowl, blend the cottage cheese with an immersion blender until smooth and mousse-like. Stir in the collagen and cocoa powder until fully combined, making sure there are no clumps. Cover and place in the fridge until chilled and ready to eat.



This recipe makes 2 servings, about ½ cup each, with approximately 130 calories and 14 grams of protein per serving.



Hummus

🕒 20 minutes

🍴 Serves 6

Ingredients:

- 1 can (15 oz) organic chickpeas
- ¼ cup tahini
- 1 lemon, juiced
- 2 cloves garlic
- ¼ tsp cumin
- ½ tsp sea salt
- 3 tbsp extra virgin olive oil
- 4–6 tbsp cold water

Optional:

- Paprika
- Additional extra virgin olive oil for topping

Instructions:

Drain and rinse the chickpeas. For extra smooth hummus, gently rub the chickpeas between your fingers to remove the skins, but this step is optional.

Add the chickpeas, garlic, tahini, olive oil, lemon juice, cumin, and salt to a food processor or high-speed blender. Blend until creamy, scraping down the sides as needed.

Add 3 tablespoons of cold water, one at a time, blending after each addition. Continue blending for about 5 minutes, adding more cold water as needed until the hummus reaches your desired consistency.

Spoon into a dish and serve with carrots, celery, or your favorite vegetables. Top with olive oil and paprika before serving, if desired.



This recipe makes 6 snack-size servings, about ¼ cup each, with approximately 175 calories per serving.



Tip: Make sure the water is cold. This helps the hummus blend into a lighter, creamier texture.





Egg Salad Lettuce Wraps

🕒 25 minutes

🍴 Serves 2



Ingredients:

- 2 eggs
- 2 tbsp avocado oil mayo
- 1 tsp mustard
- ½ tsp apple cider vinegar
- ½ tsp granulated monk fruit
- Sea salt and pepper to taste
- 2 large leaves romaine or butter lettuce

Optional Add-ins:

- Dill pickles, chopped
- Green onion
- Fresh dill
- Celery, chopped
- Parsley

Instructions:

Place the eggs in a saucepan and cover with cold water. Bring to a boil, then reduce heat to a simmer and cook for approximately 12 minutes. Drain and transfer the eggs to an ice bath for 5 minutes. This stops the cooking process and makes them much easier to peel.

Once cooled, peel the eggs and transfer them to a bowl. Chop and mash the eggs into small pieces, or until they reach your desired texture.

Add the remaining ingredients and mix well. Spoon the egg salad into romaine or butter lettuce leaves and enjoy.



This recipe makes 2 snack-size servings, with approximately 165 calories per serving.



Crispy Ranch Chickpeas

🕒 45 minutes

🍴 Serves 6



Ingredients:

- 2 (15 oz) cans organic chickpeas, rinsed and drained
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried dill
- 1 tsp dried parsley
- 1 tsp sea salt

Instructions:

Preheat the oven to 375°F.

Place the rinsed and drained chickpeas on a towel or paper towels and pat dry. Rub the chickpeas between your fingers to remove the skins. In a bowl, stir together the chickpeas, olive oil, and seasonings until well coated.

Pour the chickpeas onto a parchment paper-lined baking sheet. Bake for 30–45 minutes, or until crispy and dry, shaking the pan about every 15 minutes to rotate. Watch closely toward the end and remove from the oven when they are browning, but before they turn dark and hard.

Let the chickpeas cool for at least 30 minutes before eating, as they will continue to crisp up as they cool.



This recipe makes 6 snack-size servings, about $\frac{1}{3}$ cup each, with approximately 150 calories per serving.



Tip: To help them stay crispy, cool completely before storing in a vented container, or with the lid slightly cracked, at room temperature for up to 1 week.



Smoked Salmon Cucumber Bites

🕒 20 minutes

🍴 Serves 4



Ingredients:

- 1–2 English cucumbers
- 6 oz smoked wild-caught salmon, chopped
- 3 oz cream cheese, softened
- ⅓ cup chopped red onion
- 1 tsp drained capers, chopped
- ½ tbsp fresh dill, chopped

Instructions:

For lighter whipped cream cheese, you can beat the softened cream cheese with a hand mixer for 2–3 minutes, scraping the sides as needed.

Add the red onion, capers, dill, and smoked salmon to the bowl with the cream cheese, then stir until fully combined.

Peel the cucumbers, leaving strips of skin, then slice into ½-inch thick rounds. Scoop out a shallow pocket in the middle of each cucumber slice, being careful not to cut all the way through.

Spoon about 1 tablespoon of the salmon mixture into each cucumber cup. Transfer to a plate and enjoy.



Four slices make a single snack serving, with just over **100 calories** and **9 grams of protein**.



Tip: Store leftovers in an airtight container in the refrigerator for up to 24 hours.



Homemade Hot Chocolate

🕒 10 minutes

🍴 Serves 1

Ingredients:

- 1 cup unsweetened almond or coconut milk
- 2 tbsp cacao powder
- 1 pinch sea salt
- 1 scoop [Livingood Daily Chocolate Collagen + Multivitamin](#)

Instructions:

Combine all ingredients in a saucepan over medium-high heat, using a whisk to break up any clumps. Stir until smooth and hot, then pour into a mug and enjoy.

Optional:

- 1 tbsp pure maple syrup
- 1 tsp pure vanilla extract



One serving of this chocolatey snack comes in at about **130 calories and 12 grams of protein.**





Chia Seed Pudding

🕒 10 minutes + Cooling (2 hours to overnight)

🍴 Serves 4

Ingredients:

- 1½ cups unsweetened coconut milk or almond milk
- ½ cup chia seeds
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- 2 scoops [Livingood Daily Vanilla Collagen + Multivitamin](#)

Optional:

- 1 tbsp organic pure maple syrup
- Fresh berries for topping

Instructions:

Add all ingredients to a blender and blend on high for 1–2 minutes, or until smooth. For whole chia seeds and a more tapioca-like texture, stir everything together in a bowl instead.

Pour into a container, cover, and refrigerate for at least 2–3 hours, or overnight for a thicker, ice cream-like consistency.



This recipe makes 4 snack-size servings, with approximately **165 calories**, **10 grams of protein**, and **8 grams of fiber** per serving.





Chili Lime Sweet Potato Chips

🕒 60 minutes

🍴 Serves 4

Ingredients:

- 2 medium organic sweet potatoes
- 1 lime, zested
- 1½ tbsp avocado oil
- 1 tsp smoked paprika
- ½ tsp chili powder
- ¼ tsp ground cumin
- ¼ tsp garlic powder
- ½ tsp sea salt

Instructions:

Preheat the oven to 400°F and line two baking sheets with parchment paper. Cut off the ends and narrow tips of the sweet potatoes, then slice very thin, about ⅛ inch or thinner. Use a mandolin if you have one.

Pat the slices dry, then place them in a large bowl. Add the oil and toss thoroughly. Add the lime zest, smoked paprika, chili powder, cumin, garlic powder, and salt, then toss again to coat all slices evenly.

Arrange on the baking sheets in a single layer with no overlap. Bake for 10 minutes, then rotate the trays. Bake for another 5–7 minutes, or until the edges are golden and crisp. Let cool for 10–15 minutes to crisp up further, then enjoy!



This recipe makes 4 snack-size servings, about ½ cup each, with approximately 100 calories per serving.



Tip: Store in an airtight container at room temperature for up to 3 days.



Summer Pesto Zoodles

🕒 20 minutes

🍴 Serves 4



Ingredients:

- 3 medium zucchinis
- 3 tbsp extra virgin olive oil
- 2 cloves garlic
- ¼ cup parmesan cheese, grated
- 1 cup fresh basil, packed
- 1 cup organic cherry tomatoes
- ¼ tsp sea salt, plus more to taste
- ⅛ tsp black pepper, plus more to taste

Instructions:

Trim the ends off the zucchini, then spiralize into noodles. Place the zoodles in a colander over the sink, toss with a pinch of salt, and let drain for 10 minutes. Gently squeeze out extra water, then pat dry.

While the zoodles drain, add the basil, garlic, parmesan, salt, and pepper to a food processor and pulse until finely chopped. Slowly add the olive oil while pulsing until combined.

Toss the drained zoodles with the pesto and cherry tomatoes. Season with additional salt and pepper as needed.



This recipe makes 4 servings, with under 150 calories per serving.



Tip: After spiralizing, run a knife through the zoodles a few times to trim them into a more manageable size.

RECOMMENDED PRODUCTS:



Livingood Daily Collagen

Shop a variety of collagen flavors to find the one that works best for your snacks, drinks, and healthy recipes. Choose our standard collagen, sweetened with stevia, for a simple boost of clean protein, or our Collagen + Multivitamin, sweetened with monk fruit, for collagen plus a full serving of daily vitamins and minerals in one scoop. Made with grass-fed collagen, Non-GMO ingredients, naturally derived flavors, and no gluten, it's an easy way to make low-calorie snacks more filling without overcomplicating your routine.

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Livingood Daily Electrolytes

Shop a variety of electrolyte flavors to find the one that works best for your water, smoothies, or healthy snack recipes. Choose standard Electrolytes for a daily serving of key minerals, or Electrolytes + Energyze for hydration support plus non-caffeine energy, immune, and heart support in one scoop. Made with naturally sourced, high-quality ingredients, Non-GMO flavors, and no gluten, it's an easy way to help support hydration without the sugary sports drinks.

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Livingood Daily Bars

Need a snack you can grab on the go? Shop Livingood Daily Bars in Coconut Joy or Peanut Butter Cup for a better-for-you option that feels more like a treat than a typical bar. Made with high-quality ingredients, healthy fats, and prebiotic fiber, they're an easy snack to keep on hand when you need something quick. With Non-GMO flavors and no gluten, they make it simple to stay prepared without reaching for a sugary snack.

[**SHOP NOW**](#)

ADDITIONAL RESOURCES

Livingood Recommended Breakfasts

Your first meal of the day can either train your body to burn fat or store it. The right breakfast helps stabilize blood sugar, support fat-burning hormones, and keep you full for hours—so you're not fighting cravings or constantly reaching for a snack!

This guide will help you build simple, satisfying breakfasts with the right balance of protein, healthy fats, and fiber to start your day with steady energy and support long-term fat loss.



[GET MY FREE GUIDE!](#)

Drink 1 Cup EVERY DAY To Melt Belly Fat Like Ozempic!



In this video, **I break down the exact ingredients in a simple daily drink that naturally targets the same GLP-1 pathway as Ozempic**, while also tackling the one thing most people never address first: the fat built up inside your liver. Plus I share two easy add-ons that make it up to five times more potent and a free hack at the end that research shows boosts fat burning by 35%!

[CLICK HERE TO WATCH IT!](#)



10 Foods UNDER \$1 That Work Like Ozempic!



In this video, I break down 10 specific foods that naturally trigger your body's own **GLP-1 production**, the same hormone popular weight-loss drugs are designed to mimic. For each food, I cover exactly how it works inside your body, how to use it the right way, and the common mistakes that prevent most people from seeing results.

[CLICK HERE TO WATCH IT!](#)

Copy My Morning Routine To Drop 20 lbs in 30 Days!



In this video, I walk you through a **complete day-by-day protocol**, from the moment you wake up to the moment you go to sleep, covering exactly what I would do to lose 20 to 30 pounds before summer. I cover what to eat, what to drink, when to eat it, and the daily habits that keep your body in fat-burning mode all day long.

[CLICK HERE TO WATCH](#)



WANT MORE RECIPES?

Then you're going to love what we put together for you.

Inside this book, my wife created a full collection of simple, delicious recipes that make this way of eating easy to follow every day.

These are the exact kinds of meals we use at home to **support fat loss, keep energy steady, and help your body actually heal**, WITHOUT feeling restricted or stuck eating the same boring foods.

So if you're ready to stop guessing what to eat and start having go-to meals you can rely on...

Click below and grab your copy here:

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