Low Calorie - Free-Foods

1. Roasted asparagus (3 calories per spear)
2. Roasted bell peppers (30 calories per pepper)
3. Cucumbers (15 calories in a medium cucumber)
4. Tomatoes (24 calories in a medium tomato)
5. Carrot sticks (4 calories in 1 baby carrot)
6. Cucumbers with tomatoes (40 calories sliced and salted! This is so good)
7. Celery (6 calories in 1 stalk)
8. Snow peas (1 calorie per pod)
9. Zucchini- sauteed or roasted (33 calories in a medium zucchini)
10. Spinach (7 calories per cup)
11. Sugar Free Jello (10 calories per cup)
12. Salsa (5 calories per tablespoon)
13. Diet Soda (0 calories per cup)
14. BCAA drink mixes (5 calories per scoop)
15. Pickles (7 calories per pickle)
16. Blackberries (2.5 calories per berry)
17. Raspberries (1 calorie per berry)
18. Blueberries (> 1 calorie per berry, 39 calories for 50)
19. Lemons (17 calories for a medium lemon)
20. Limes (20 calories for a medium lime)
21. Mint Lifesavers (10 calories per lifesaver)
22. Altoids (3 calories per mint)
23. Sugar free apple cider (0 calories)
24. Alfalfa or Mung Bean Sprouts (8 calories per cup)
25. Mushrooms (15 calories per cup)
26. Roasted sweet potatoes (112 calories per potato)
27. Deli meat (1 ounce is approximately 30-40 calories)
28. Tomato sauce (canned tomato sauce has 4 calories per tblsp)
29. Egg whites (15 calories per egg white)
30. Zero calorie noodles (Shirataki noodles 15 calories per serving)
31. Bolthouse dressings (22 calories per tablespoon
32. Soy sauce (9 calories per tablespoon)
33. Mustard (3 calories per teaspoon)
34. Fat free sour cream (15 calories per tablespoon)
35. Light Laughing cow cheese (30 calories per wedge)
36. Light mayonnaise (35 calories per tablespoon)
37. Cooking spray (zero calories I use a LOT of cooking spray!)
38. Butter spray
39. Vinegar (3 calories per tablespoon)
40. Zero calorie syrup like Walden Farms (0 calories)
41. Jolly Time butter seasonings- This isn't just for popcorn! (zero calories)

Health Beet