



SCOTT "Q's" Semi-Official, Fun-Filled, Exciting, Thrill packed

SNACK

DATABASE!

Fun Filled Foods That
Won't Add Weight
(or Guilt)!*

* When Used As Directed

Note: This was compiled with the help of my favorite people, my WWV members. Thank you!

1

Sliced Apples (Carry In A Baggy)

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

2

Fruit With Non Fat Cool Whip

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

3

Caramel Corn Rice Crisps

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

4

Celery & Salsa

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

5

Snap Peas

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

6

Wild Berries

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

7

Honey Sesame Baked Tofu

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

8

Baby Carrots

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

9

Popcorn With "I Can't Believe It's Not Butter" Spray

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

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SCOTT "Q" MARCUS ☆ THINspirational Speaker

"Workshops, Seminars, and Keynote Speeches Delivered with Hope and Humor"

Three Fifty Spruce Street ☆ Eureka, CA 95503

707.442.6243 ☆ ScottQ@THINspiration.com ☆ www.THINspiration.com





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-
- ★ 10 Dole Fruit Frozen Bars (strawberry) For 2 Points
 Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

 - ★ 11 Snackwell Cookie (chocolate Mint) 1 Point Each
 Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

 - ★ 12 Baked Tostita Chips With Salsa
 Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

 - ★ 13 Fat Free Pudding
 Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

 - ★ 14 Tootsie Pop
 Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

 - ★ 15 Pickles
 Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

 - ★ 16 Cucumbers With Rice Vinegar Dressing
 Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

 - ★ 17 Freeze Dried Fruits And Vegetables
 Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

 - ★ 18 Cherries
 Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

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Freeze Dried Refried Beans

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

20

Frozen WW Meals

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

21

Steamed Baby Carrots

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

22

Rice Krispies Treats (2 Points Each)

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

23

Pretzel Sticks (1 Serving = 2 Points)

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

24

Cameo Apples

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

25

Frozen Grapes

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

26

Sauerkraut

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

27

Tomatoes

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

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English Cucumbers Sliced

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

29

Orange & Red Bell Peppers (sliced)

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

30

Sweet Rewards Snack Bars (2 Points Each)

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

31

Just 2 Points WW Bars

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

32

Quaker Caramel Rice Cakes With Chocolate Chips

Fruit Vegetables High Calorie Dessert Quick Sweet Lo Cal Portable

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