

THE BIG SNACK LIST (DUTCH AND INTERNATIONAL SNACKS)

SWEET SNACKS

CHOCOLATE (4 SQUARES MINIMUM)
COOKIE (2 MINIMUM)
3 DIGESTIVES COOKIES
PROTEINE BAR
3 CHOCOLATE OR YOGURT RICE CAKES
ANY PASTRY
SLICE OF BREAD WITH SWEET SPREAD
PEANUT BUTTER SANDWICH
BANANA WITH ONE TBSP PB
APPEL WITH ONE TBSP PB
CANDY BAR LIKE SNICKERS, MARS, ETC
HOT CHOCOLATE WITH WHIPPED CREAM
APPLE PIE
CHEESECAKE
SLICE OF CAKE
CROISSANT
PANCAKE WITH SPREAD
200 G YOGURT (FULLFAT) WITH 3 TBSP CRUESLI
PORTION OF CEREAL WITH MILK
2 HANDFULS CHOCO PEANUTS
HALF OF A RITTERSPORT CHOCOLATE BAR
PORTION OF OATMEAL WITH A TBSP PB
BOTERHAM MET HAGELSLAG EN BOTER
3 BOKKENPOOTJES
LIGA PAKJE
JODENKOEK
DIK PLAK ONTBIJTKOEK MET BOTER
SNELLE JELLE
SULTANA
EIERKOEK
KRENTENBOL
ROZE KOEK
2 BONBONS
4 OREOS
MAGNUM
4 SLAGROOMSOESJES
GEVULDE KOEK
4 OREOS
OLIEBOL/APPELFLAP
8 SPEKJES
2 MINI CANDYBARS
2 (MINIMUM) SCOOPS OF ICECREAM

SAVORY SNACKS

TOAST WITH SPREAD
PACK OF SALTINES
1 BAG OF POPPED POPCORN
CHIPS/CRISPS (30 GRAM MINIMUM)
3 RICE CAKES WITH SAVORY SPREAD LIKE HUMMUS
3 SNACK A JACKS
10 PRETZELS
KAASBROODJE
HAM/CHEESE CROISSANT
5 MELBA TOASTS WITH SPREAD
5 CUBES OF CHEESE
5 DATES
3 DATES WITH CREAM CHEESE OR GOATS CHEESE
HANDFUL OF NUTS
4-5 STUKS BITTERBALLEN/VLAMMETJES
NACHOS WITH GUACAMOLE (1/2 A BASKET OR 40 GRAM WITH 3 TBSP
GUACAMOLE)
WRAP WITH SALMON OR GUACAMOLE
60 GRAM OLIVES
3 CRACKERS WITH SPREAD