

High Protein Snacks

GOAL: Pair protein with fiber to keep your blood sugar stable and keep you full until your next meal. Aim for 15-20 grams of protein at each snack.



Hard-boiled eggs or egg muffin cups (1 egg = 6 grams)

Add veggies to the muffin cups for extra fiber.



Cheese stick (1 stick = ~6 grams)

Pair with a piece of fruit or nuts for some fiber.



Chia pudding (1 cup ~10.5 grams)

Mix chia seeds with dairy free milk, maple syrup, cinnamon, and top with hemp seeds (let sit overnight).



Smoked salmon (3 oz ~15-20 grams)

Spread hummus or avocado on 2 rice cakes or crackers and top with smoked salmon.



Greek yogurt (look for one with ~15-20 grams/serving)

Add fruit and nuts for some extra protein and fiber.



Cottage cheese (1 cup = 25 grams)

Add flaxseed and fruit for extra fiber and flavor. Make a cannoli dip for a sweet treat.



Turkey roll-up (~15 grams)

Cheese stick wrapped in 2-3 slices of organic deli turkey. Have with a side of raw veggies.



Chicken salad (1/2 cup ~20 grams)

Enjoy with multigrain crackers or bell pepper slices.



Edamame (1 cup = 17 grams)

Pair with a piece of fruit for some extra fiber.



Pumpkin seeds (1/4 cup shelled = ~10 grams)

Add them to a trail mix or enjoy lightly roasted and salted on their own.



Oatmeal (1 cup cooked = 6 grams)

Add nut butter, chia seeds, flaxseed and banana for more protein and fiber. Sweeten it naturally with honey or maple syrup. Stir in a few egg whites while cooking on the stove for added protein. This results in fluffy delicious oatmeal.

High Protein Snacks



Tofu (4 oz = 9 grams)

Add to a veggie stir fry with quinoa or brown rice.



Almonds (1/4 cup = 6 grams)

Enjoy lightly roasted and salted or add to a trail mix with other nuts and seeds.



Peanuts (1/4 cup = 7 grams)

Enjoy lightly roasted and salted or add to trail mix with other nuts and seeds.



Jerky: beef or turkey (1 large piece = ~7grams)

Pair with a handful of veggies or a piece of fruit.



Tuna (3 oz = 24 grams)

Mash avocado and mix with tuna and spices and spread on a whole grain rice cake or enjoy with crackers.



Peanut butter (1 tbsp = 5 grams)

Spread on celery with raisins. Add 1 Tbsp powdered peanut butter for extra protein and less fat and spread on a rice cake.



Chickpeas (cup = ~19 grams)

Roast them in the oven with some salt and pepper for a crunchy snack or check out **The Badabean**® (1 oz = 7 gram) **Enlightened** or **GoodBean**® brand



Hummus (1/2 cup = ~10 grams)

Dip baby carrots, bell peppers, or any other raw veggies or extra fiber.



Protein bars

Recommended brands: **gomacro**®, **Over Easy**®, **88 Acres**®, **RXBAR**®, **SKOUT**®, **Organic**, **AMRITA**™, **RawRev Glo**™, **Perfect Bar**®, **ALOHA**, **KIND Protein**®, **Vega**®, **rise**®



Popcorn

Combine with nutritional yeast (3 cups air-popped popcorn with 3 Tbsp nutritional yeast = 19 grams protein) Make a trail mix with nuts, seeds, and dark chocolate for a sweet and salty mix.



Protein powders

Sprout Living® Plain Protein, **Oriya**®, **JAYROBB**® Egg White Plain, **Simply Tera's**® whey, **Vital Nutrients**® Protein Plain, **Great Lakes Wellness**® Collagen Hydrolysate, **NOW**® Sports Pea Protein.

Make a smoothie with protein powder, milk, nuts or seeds, and a handful of spinach. Add protein powder to muffins or protein balls.