

# HIGH PROTEIN SNACK IDEAS

1 PROTEIN SERVING	GRAMS PER SERVING
2 EGGS	12 G
1 OZ CHEESE	8 G
1 CUP GREEK YOGURT	13 G
2 OZ JERKY	18 G
1/2 CUP EDAMAME	11 G
3 OZ CANNED TUNA	20 G
1 OZ NUTS	6 G
3 OZ TURKEY SLICES	23 G
2 TBS PEANUT BUTTER	8 G
3 OZ ROASTED CHICKPEAS	18 G
1 PROTEIN BAR*	~20 G
1 FITPPL PROTEIN SHAKE	18 G

## TIPS FOR HIGH PROTEIN SNACKING

1. KEEP THEM ON HAND IN AN EASY TO REACH SPOT
2. PAIR YOUR PROTEIN WITH OTHER INGREDIENTS FROM OTHER FOOD GROUPS, LIKE FRUITS, VEGETABLES, OR GRAINS
3. SET A REMINDER TO EAT A SNACK TO KEEP YOU ENERGIZED BETWEEN MEALS

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\*GOOD BRANDS FOR PROTEIN BARS INCLUDE QUEST, PROBAR, AND NAKED NUTRITION