

# High Protein Snacks

## Simple Protein-Packed Snacks

- Hard-boiled eggs (2 eggs): 12g protein
- Greek yogurt (1 cup, plain or flavored) with berries: 20g protein
- Cheese sticks (2 sticks): 12g protein
- Beef or turkey jerky (1 oz): 10g protein
- Protein bar (choose a low-sugar option): 15-20g protein
- Roasted edamame (1/2 cup): 9g protein

## Savory High-Protein Snacks

- Cottage cheese with cherry tomatoes (1/2 cup): 14g protein
- Tuna or salmon packets (3 oz) with whole-grain crackers: 20g protein
- Hummus with veggies (1/4 cup + sliced cucumbers/carrots): 6g protein
- Turkey roll-ups (3 slices of turkey with cheese or avocado): 20g protein
- Mini chicken skewers (grilled chicken breast, 2 oz): 16g protein

## Sweet High-Protein Snacks

- Banana with 2 tbsp peanut butter: 9g protein
- Protein smoothie (protein powder, milk, frozen fruit): 25-30g protein
- Cottage cheese with pineapple or peaches (1/2 cup + 1/4 cup fruit): 14g protein
- Apple slices with almond butter (1 apple + 2 tbsp almond butter): 7g protein
- Overnight oats (1/2 cup oats + 1 scoop protein powder): 20g protein

## Quick and Easy High-Protein Snacks

- Cheddar cheese crisps (1 oz): 13g protein
- Roasted chickpeas (1/2 cup): 7g protein
- Canned sardines or anchovies (3 oz): 21g protein
- Pumpkin seeds (1/4 cup): 8g protein
- Protein chips (varies by brand): 15-20g protein

## DIY High-Protein Snack Ideas

- Egg muffins (baked eggs with spinach and cheese): 8g protein per muffin
- Homemade trail mix (nuts, seeds, and roasted edamame): 8g protein per 1/4 cup
- Avocado stuffed with tuna or chicken salad: 20g protein
- Mini salmon cakes (made with canned salmon and egg): 12g protein per patty
- Turkey and cheese pinwheels (with whole-grain tortilla): 15g protein

## Portable High-Protein Snacks

- Yogurt pouch (high-protein brand like Siggis or Chobani): 10-15g protein
- Cottage cheese cups (single-serve): 19g protein
- Nut butter packets with whole-grain crackers: 7-10g protein
- Pre-cooked grilled chicken slices: 20g protein per serving
- Smoked salmon slices: 16g protein per 3 oz