

PROTEIN BASED SNACK IDEAS

- **Protein bars – Dale’s (must keep cold), Quest, Kind Bars**
- **Protein Power Balls**
- **Guacamole Deviled Eggs** <https://elanaspantry.com/guacamole-deviled-eggs/>
- **Cheese sticks, mozzarella balls**
- **Oatmeal, peanut butter powder, protein powder, honey, almond milk...mix and eat.**
- **Cottage Cheese** - is known for being high in protein. It’s a filling snack that can be eaten on the go. There are 14 grams of protein in a half-cup (113 grams) of cottage cheese, which ends up being 69% of its total calorie content. Cottage cheese is also a good source of some other important nutrients, including calcium, phosphorus, selenium, vitamin B12 and riboflavin. You can enjoy cottage cheese on its own or combine it with fruits and nuts for a delicious snack.
- **Jerky or Beef Sticks-** Be careful to avoid sodium- and sugar-filled brands, but low-sodium, natural, or lightly-flavored options are a great source of protein—This chewy snack also keeps fresh for months when packed properly
- **Greek Yogurt**
- **Pea pod crisps**
- **Beanito chips**
- **Protein Bites (hundreds of recipes online- two on the wellness witness site, also)**
- **Kay’s Protein Chips (only sold in some stores)**
- **Herbed Greek Yogurt Dip w/ Veggies** <http://www.thekitchn.com/recipe-herbed-yogurt-dip-recipes-from-the-kitchn-190686>
- **Deli Rollups-** Consider it a sandwich without the bread! This savory snack packs in almost double the protein of a hardboiled egg, and sneaks in a few vegetables to boot! Remember to stick to a lower-salt variety of meat. *2 slices deli turkey rolled up with 1 slice cheese and 1 slice tomato: 11.9 grams protein*
- **Pumpkin Seeds-** can actually make a healthy little snack full of fiber and immunity-protecting zinc once they’re washed, dried, and nicely roasted. *2/3 cup pumpkin seeds, rinsed and coated with 1 tsp curry powder and a pinch of salt, roasted at 300 degrees for 20 minutes: 8 grams protein*
- **Almond butter** with apple or celery
- **pork rinds** (plain);
- **hard-boiled eggs**
- **String Cheese with some deli meat and fruit**
- **Almonds, Cashews, Walnuts, or other nuts of choice**
- **sweet red peppers** (long ones) stuffed with **tuna**
- turkey or prosciutto wrapped around a cheese stick
- **Waldorf Salad** *Chopped up apple, Daisy Low fat cottage cheese (ideal cottage cheese brand because it doesn't have added ingredients or sugar), topped with walnuts or pecans*
- **Egg Muffins** are a super healthy snack with lots of protein. They’re made by mixing eggs with veggies and seasonings, pouring the mixture into a muffin tin and then baking the muffins. They are also very convenient, as they can be eaten hot or cold. You can increase their nutrient content by making them with veggies and add more protein by topping them with a tablespoon or two of cheese.
- **Chia Seed Pudding** has become a popular snack in recent years — and with good reason. It’s delicious and healthy, in addition to being high in protein. There are four

grams of protein in one ounce of chia seeds, and they provide some other nutrients, such as calcium, phosphorus and manganese. Moreover, they're notable for their high omega-3 fatty acid content, which provides several health benefits. For example, snacking on chia seeds may help lower triglyceride levels, which is important for reducing the risk of heart disease

- **Superfood Fruit Dip**- Recipe on the website towards the bottom of the post <https://www.wellnesswitness.com/2014/09/two-super-foods-you-need-to-be-eating.html>