

High Protein Snacks

- Celery and Apples with Nut Butter: Take a few celery sticks or scoop out the middle of an apple and fill with a serving (2 TBSP) of any natural nut butter. Top with a few raisins. **8.3 grams of protein.**
- Deli roll-ups: 2 slices deli turkey rolled up with 1 slice cheese and 1 slice tomato. **11.9 grams of protein.**
- Hummus Dippers: 1/3 cup hummus with ½ cup mixed vegetable sticks. **6.7 grams of protein.**
- Greek yogurt and granola: 1 single serving container of Greek yogurt with 2 TBSP granola. **16 grams of protein.**
- Tuna and crackers. Combine one serving of tuna with one serving of whole wheat crackers. **12 grams of protein.**
- “Cheesy” popcorn: 3 cups air-popped popcorn coated with 2 TBSP nutritional yeast and a sprinkle of salt. **8.9 grams of protein.**
- Chocolate Banana Smoothie: Blend together 1 medium banana, 1 TBSP natural peanut butter, and 1 cup low fat chocolate milk (or non-dairy milk) with 1 cup of ice. **15 grams of protein.**
- 1 cup edamame sprinkled with sea salt. **15 grams of protein.**
- Grape and Cheese Sticks: 1 ounce of cheddar cheese with 6 grapes. **7.1 grams of protein.**
- “Cheesy” Kale Chips: 2 cups of kale coated with 1 TBSP olive oil and 2 TBSP nutritional yeast baked at 325 degrees F for 15 minutes. **9 grams of protein.**
- Roasted Chickpeas: ¾ cup chickpeas roasted for 20-30 minutes with 1 TBSP each of olive oil, salt and cayenne pepper. **9 grams of protein.**
- Hard Boiled Egg: One egg contains **6 grams of protein.**
- Cottage Cheese: One 5 ounce serving contains **20 grams of protein.**