



PROTEIN PACKED SNACKS

To Keep You Satisfied

ON THE GO



HIGH PROTEIN SNACKS

NO PREP REQUIRED

- Greek Yogurt
- Cottage Cheese
- Nitrate Free Beef/Turkey Jerky
- Cheese Sticks
- Nut Butter
- Pre-Seasoned Tuna Packet
- Nuts and/or Trail Mix (No Added Sugar)
- Edamame
- Hummus with Precut Veggies
- Protein/Packaged Bars: RX Bars, Lara Bars

MINIMAL PREP

- Hard Boiled Eggs
- Turkey Roll Ups
- Shredded Chicken (Rotisserie chicken or cook quickly in instant pot/crock pot)
- Tuna Salad made with Greek Yogurt
- Roasted Chickpeas
- Protein Shake (Made with protein powder such as Promix Grass Fed Whey, Tera's Whey, or Garden of Life Sprouted Protein Powder)

MORE PREP REQUIRED

- Egg Bake or Egg Muffins
- Meatballs (Turkey, Beef, or Chicken)
- Chicken Salad made with Greek Yogurt
- Homemade Protein Bars