

HIGH PROTEIN SNACK LIST



- 2 BOILED EGGS, 12G
- 1 CUP SHELLED EDAMAME, 17G
- BEEF JERKY, 14G
- PROTEIN SHAKES, ABOUT 20-25G
- PROTEIN BARS, ABOUT 15-20G
- 1 CUP GREEK YOGURT, 17G
- 1/2 CUP COTTAGE CHEESE, 12G
- 1 STRING CHEESE, 7G
- 2 TBSP PEANUT BUTTER, 8G
- 1 CUP TUNA SALAD, 30G
- 1 CUP CHICKEN SALAD, 30G
- 1 CUP TRAIL MIX, 20G
- 2 PROTEIN BALLS, 12G
- TURKEY SANDWICH, 30G
- 1 CUP ROASTED CHICKPEAS, 15G
- PB&J, 15G
- 1/4 CUP PUMPKIN SEEDS, 10G