

HIGH PROTEIN SNACKS

Essential Guide for Weight Management & Satiety

CATEGORY	SNACK IDEA	PORTION SIZE	PROTEIN
Dairy	Greek Yogurt (Plain)	3/4 Cup	17g
Dairy	Cottage Cheese & Pineapple	1/2 Cup	14g
Poultry/Meat	Turkey Breast Roll-ups	3 Slices	12g
Poultry/Meat	Beef Jerky (Low Sodium)	1 Ounce	9g
Plant-Based	Edamame (Steamed)	1/2 Cup	9g
Seafood	Canned Tuna in Water	3 Ounces	20g
Eggs	Hard Boiled Eggs	2 Large	12g
Nuts/Seeds	Roasted Pumpkin Seeds	1/4 Cup	8g
Legumes	Roasted Chickpeas	1/2 Cup	7g
Supplement	Whey/Vegan Protein Shake	1 Scoop	25g