

HIGH PROTEIN SNACK GUIDE

Macro-Friendly Quick Reference Chart

SNACK ITEM	PORTION SIZE	PROTEIN	CALORIES	TYPE
Greek Yogurt (0%)	170g (1 cup)	17g	100 kcal	DAIRY
Cottage Cheese (Low Fat)	115g (1/2 cup)	14g	90 kcal	DAIRY
Hard Boiled Eggs	2 Large	12g	140 kcal	WHOLE FOOD
Beef Jerky	28g (1 oz)	11g	80 kcal	SAVORY
Edamame (Shelled)	100g	11g	120 kcal	VEGAN
Deli Turkey Roll-ups	3 Slices	12g	70 kcal	LEAN MEAT
Whey Protein Shake	1 Scoop / Water	25g	120 kcal	SUPPLEMENT
Tuna Pouch (Water)	1 Pouch (74g)	17g	70 kcal	SEAFOOD
Roasted Chickpeas	30g	6g	120 kcal	CRUNCHY

Note: Values are approximate based on standard USDA data.