

# MACRO SNACK GUIDE

WEEKLY MEAL PREP REFERENCE  
TARGET: 150-250 KCAL / SERVING

SNACK ITEM	PORTION SIZE	PRIMARY MACROS
<b>High Protein Focus</b>		
Greek Yogurt (Plain 0%)	1 cup (225g)	23g Protein 9g Carb
Hard Boiled Eggs	2 large	12g Protein 10g Fat
Cottage Cheese (2%)	1/2 cup	14g Protein 2g Fat
<b>Healthy Fats &amp; Fiber</b>		
Raw Almonds	28g (approx. 22)	14g Fat 6g Protein
Avocado on Rice Cake	1/2 med + 1 cake	11g Fat 15g Carb
<b>Quick Energy Carbs</b>		
Apple w/ PB Powder	1 med + 2 tbsp	25g Carb 5g Protein

SNACK ITEM	PORTION SIZE	PRIMARY MACROS
Overnight Oats (Base)	1/2 cup dry oats	27g Carb 5g Protein
Edamame (In pod)	1 cup	18g Protein 14g Carb

**Note:** Macro values are approximations based on standard USDA data.

**Prep Tip:** Portion snacks into reusable containers every Sunday.