

# MUSCLE BUILDING MACRO SNACK LIST

High Protein & Balanced Recovery Fuel

## High Protein Focus

Greek Yogurt (0%)	1 Cup (225g)	<b>23g</b>	9g C / 0g F
Cottage Cheese (2%)	1/2 Cup	<b>14g</b>	4g C / 2.5g F
Hard Boiled Eggs	2 Large	<b>12g</b>	1g C / 10g F

## Quick & Portable

Beef Jerky	1 oz (28g)	<b>12g</b>	3g C / 1g F
Whey Protein Shake	1 Scoop	<b>25g</b>	3g C / 1g F
Edamame (Shelled)	1/2 Cup	<b>9g</b>	7g C / 4g F

## Whole Food Carbs + Protein

Apple & Peanut Butter	1 Med / 1 tbsp	<b>4g</b>	25g C / 8g F
Tuna Pouch (Water)	2.5 oz	<b>17g</b>	0g C / 1g F
Almonds (Raw)	1/4 Cup	<b>6g</b>	6g C / 14g F

Values are approximate. Adjust portions based on individual caloric requirements.