

MACRO-FRIENDLY SNACK GUIDE

Target: High Protein / Low Calorie Portion: Single Serving

SNACK IDEA	PORTION SIZE	PRIMARY MACRO	EST. CALORIES
Greek Yogurt (Plain 0%)	170g (1 Cup)	Protein	100 kcal
Hard Boiled Eggs	2 Large	Protein/Fat	140 kcal
Edamame (In Pod)	1/2 Cup	Protein/Fiber	95 kcal
Cottage Cheese & Cucumber	1/2 Cup	Protein	90 kcal
Turkey Roll-ups (Deli Thin)	3 Slices	Protein	75 kcal
Almonds (Raw)	15 Nuts	Healthy Fats	105 kcal
Rice Cake with PB Powder	1 Cake + 2tbsp	Complex Carb	110 kcal
Beef Jerky (Lean)	28g (1 oz)	Protein	80 kcal
Apple Slices with Cinnamon	1 Medium	Fiber	95 kcal
String Cheese (Light)	1 Stick	Protein	50 kcal

*Approximate values. Always check specific nutritional labels for accuracy.