

HEALTHFUL TIPS

Crunchy/Chewy

Soy Nuts	1/4 cup	120 calories	10 grams protein
Dry Roasted Edamame	1/2 cup	120 calories	11 grams protein
Almonds	14 nuts	100 calories	4 grams protein
PB Celery Boats (spread 1 tbsp peanut butter on 1 celery stalk, cut into pieces)	1 recipe	95 calories	4 grams protein
Hummus (use for veggie dip)	1/4 cup	91 calories	5 grams protein
Turkey Jerky		70 calories	12 grams protein

Dairylicious

Skim Milk	1 cup	86 calories	8 grams protein
Fairlife Milk	1 cup	80 calories	13 grams protein
Cottage Cheese	1/2 cup	80 calories	14 grams protein
Lite String Cheese	1 oz	60 calories	8 grams protein
Babybel Light Cheese	1 piece	50 calories	6 grams protein
Dannon Triple Zero	1 carton	120 calories	15 grams protein
Kroger Carb Master Yogurt	1 carton	80 calories	8 grams protein

Meat/Poultry/Fish

Ham Rollups (2 oz lean ham, spread with 2 Tbsp. fat-free cream cheese and chopped green onion. Roll up and slice into pieces)	1 serving	113 calories	17 grams protein
Smoked Salmon	2 oz	140 calories	14 grams protein
Lean Ham	2 oz	83 calories	12 grams protein
Shrimp Cocktail	2 oz	40 calories	9 grams protein
Bumble Bee Tuna Sensations	1	120 calories	18 grams protein
Chicken Salad	1/4 cup	75 calories	8 grams protein
Gerber Graduate Turkey Sticks	1 jar	100 calories	9 grams protein
Hard Boiled Egg	1 large	80 calories	7 grams protein

Grab & Go Snacks

Six small, high-protein meals are the key to keeping portions small and energy high. Buy these high-protein snacks in single-serving containers or portion out your own single servings so you can just grab and go.

