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High Protein Snacks

- 50 blueberries dipped in Greek Yogurt and frozen (GF)
- 1 TBSP roasted & unsalted pumpkin seeds (GF, V)
- 1 TBSP roasted & unsalted sunflower seeds (GF, V)
- 10 Strawberries + 1 TBSP goat cheese (GF)
- 1/2 Red bell Pepper sliced + 2 TBSP Hummus (GF, V)
- 14 Almonds, roasted & unsalted (GF, V)
- Hard Boiled Egg (GF)
- String Cheese
- Turkey Jerky
- Trail Mix
- 1 cup cucumber + 2 TBSP Hummus (GF, V)
- 1 cup carrot sticks + 2 TBSP Hummus (GF, V)
- 1/2 large cucumber + 2 TBSP Hummus (GF, V)
- 2 celery stalks + 2 TBSP Hummus (GF, V)
- 1 cup grape tomatoes + 2 TBSP Hummus (GF, V)
- 25 pistachios, roasted & unsalted (101 cal) (GF, V)
- 1 TBSP chia + 2 TBSP almond milk (stir & sit 10 min) (GF)



- 4 Deglet Noor Dates + 4 Almonds (GF, V)
- 2 celery stalks + 1 TBSP Natural peanut butter (GF, V)
- 2 celery stalks + 1 TBSP Natural Peanut butter + raisins (GF, V)
- 1/4 cup salsa + 1/3 cup cooked quinoa (GF, V)
- 1/2 cup 2% Cottage Cheese + 1/2 cucumber, sliced (GF)
 - 1/2 cup boiled shelled Edamame (GF, V)
 - 6 oz Greek yogurt + 1/2 TBSP honey (GF)
 - 6 oz Greek Yogurt + 1/2 apple, diced (GF)
- 1/4 cup boiled shelled Edamame + 1 hard boiled egg (GF)
 - 20 grapes dipped in Greek Yogurt and frozen (GF)
- 1/2 cup 2% Cottage Cheese + sliced tomato + Fresh Basil leaves (GF)
 - 1/2 cup 2% Cottage Cheese + 1/2 cup Cantaloupe (GF)
 - 1/4 cup 2% Cottage Cheese + 1 Whole Grain Toast
 - 6 oz Greek yogurt + cup mango or strawberries (GF)
 - Brown Rice Cake + 1 TBSP almond butter (GF, V)
- Brown Rice Cake + 1 TBSP natural peanut butter (GF, V)
 - Brown Rice Cake + 1 TBSP sunflower butter (GF, V)
- 6 oz Greek Yogurt + 1/2 scoop Vanilla Protein Powder
- Blend: 1/2 cup unsweetened soy milk + 1 frozen banana + 1/2 tsp cocoa powder + 1 TBSP natural peanut butter (GF, V)
- 1/2 cup 2% Cottage Cheese + 1 cup sliced mango (GF)
 - 1/2 cup 2% Cottage Cheese + 1 sliced orange (GF)
 - 6 oz Greek Yogurt + 1 cup sliced fresh Pineapple (GF)
- 6 oz Greek Yogurt + 2 tsp Natural Almond Butter or natural peanut butter (GF)
 - 4 Dates + 1 TBSP Natural Peanut Butter (GF, V)
 - 1/2 cup 2% Cottage Cheese + 1 cup sliced apple (GF)
- 1 Apple slices + 1 TBSP sunflower butter, natural peanut butter or almond butter (GF, V)
 - 1 scoop Vanilla Protein Powder + 1 cup Unsweetened Almond milk
 - 1 Banana + 1 TBSP sunflower butter (GF, V)
 - Tuna salad with multi-grain crackers
 - Egg salad with multi-grain crackers

- 1 Banana + 1 TBSP Natural peanut butter (GF, V)
- 1 Banana + 1 TBSP almond butter (GF, V)
- 1 TBSP almond butter + 2 dark chocolate squares (GF)
- 1/2 cup 2% Cottage Cheese + 1 sliced pear (GF)
- Brown Rice Cake + 1 TBSP almond butter + raisins (GF, V)
- Brown Rice Cake + 1 TBSP natural peanut butter + raisins (GF, V)
- Brown Rice Cake + 1 TBSP sunflower butter + 1/8 cup raisins (GF, V)



GF = gluten free
V = Vegan

Go to: www.HealthyHappySmart.com

For more healthy clean eating tips, meal plans + food lists!