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)
- 1/4 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 staks + 2 TBSP Hummus (GF, V)
- 1 cup grape tomatoes + 2 TBSP Hummus (GF, V)
- 25 pistachios, roasted & unsalted (101cal) (GF, V)
- 1 TBSP chia + 2 TBSP almond milk (stir & st 10 min) (GF)

- 4 Deglet Noor Dates + 4 Almonds (GF, V)
- 2 celery staks + 1 TBSP Natural peanut butter + raisins (GF, V)
- 1/4 cup salsa + 1/2 cup cooked quinoa (GF, V)
- 1/2 cup 2% Cottage Cheese + 1 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, sliced (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 + 12 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)
- Brown Rice Cake + 1 TBSP natural peanut butter + raisins (GF, V)
- Brown Rice Cake + 1 TBSP sunflower butter + 1/2 tsp raisins (GF, V)

GF = gluten free
V = Vegan

Go to: www.HealthyHappySmart.com
For more healthy clean eating tips, meal plans + food lists!