

High Protein/Low CHO Snack Options (~150-200 Calories)

4-6 oz low-fat cottage cheese (14 – 21g protein) + ½-1c cut fruit



1-2 oz low-fat string cheese (7g protein per oz) + fruit* or vegetables



2-3 Light Mini Babybel Cheese (6g protein each) + fruit* or veggies

6oz Greek yogurt, plain nonfat (15g protein) + fruit* + sugar substitute



6oz Light Greek Yogurt (100cal or less/10+g protein)

1-2oz slices lean deli meat (7-14g protein per oz) rolled up with veggies (ex. pickle, cucumber, carrot or celery and wrapped with lettuce leaf)



1oz beef or turkey jerky (12-14g protein per ounce) + fresh veggies

1 cup edamame in shell or ½ cup shelled (10g protein) + fruit* or veggies



3oz Greek yogurt, plain nonfat (7.5g protein) + onion soup mix + veggies

1 hardboiled egg (6g protein) + fruit* or vegetable



Single Serving Kashi Go Lean Original cereal (13g protein) + 1/2c lowfat milk (4g protein)



¼ cup nuts, seeds or roasted edamame (6g protein)



2 T nut butter (4g protein per Tablespoon) + veggies



1 T nut butter (4g protein per Tablespoon) + fruit*

2-3 wedges Laughing Cow Light Cheese (2g protein per wedge) + veggies



4 T hummus (1/4 cup) (1g protein per Tablespoon) + veggies

Protein bar (<200cal/10+g protein)



Protein shake (<200cal/15+g protein)



*You may have half serving of whole grain cracker in place of the fruit if desired. Read the Nutrition Facts panel on the package for serving size.