

# PROTEIN SNACK IDEAS



## EASY PREPARE

100g Cottage cheese = 12g  
+ carrot, celery, capsicum sticks  
GF,V

1 tbsp Mayvers peanut butter = 9g  
+ 1 apple or carrot, celery stick or rice  
cakes  
DF,GF,V,VG

1 tbsp almond butter = 4g  
+ 1 Olina's seed cracker = 5g  
DF,GF,V,VG

1 boiled egg = 6g  
DF,GF,V

100g tempeh = 12.5g  
+ pan fried in ghee and spices  
DF,GF,V,VG \*excluding ghee

Full fat Greek yoghurt ½ cup = 6g  
+ ½ cup berries  
+ 1 tbsp pepita seeds = 3g  
GF,V

Chia pudding (1 tbsp chia seeds) = 7g  
+ soaked in ½ cup milk of choice & berries  
\*DF,GF,V,\*VG

1 cup garden peas = 9g  
+ 1 tsp butter or olive oil & S+P  
\*DF,GF,V,\*VG

¼ cup almonds = 7g  
DF,GF,V,VG

½ cup chickpeas OR kidney beans = 7.5g  
+ toasted in paprika, cumin and sea salt  
DF,GF,V,VG

1 cup body glue bone broth = 3.5g  
DF,GF

## STORE BOUGHT / PACKAGED

Chief biltong = 14g  
DF, GF

John West wild caught tuna slices = 21g  
DF,GF

John west wild caught salmon slices = 18g  
DF,GF

YoPro Yoghurt Sachet = 15g  
GF

Health Lab Peanut Butter Protein Ball = 6g  
GF, DF

Blue Dinosaur Protein Bar = 21g  
GF, DF

Babybel Cheese Protein = 5g  
GF, V

Olina's seed crackers = 5g  
DF, GF, V, VG

Happy Snack Company Fava Beans = 18g  
DF, GF, V, VG

## PROTEIN POWDERS

Protein per serve differs between brands.  
Average protein per serve 17g - 30g

## COLLAGEN POWDERS

Protein per serve differs between brands.  
Average protein per serve 9g - 15g

## REFERENCE

PROTEIN = in grams per serve next to each snack idea

DF = Dairy free

GF = Gluten free

V = Vegetarian

VG = Vegan