

# 83 Snack IDEAS



**Nutrition:  
Back to Basics**

## Cottage Cheese Varieties

- 1.Cottage cheese (single-serve or 1/2 cup) - protein: 12g, carb: 6g
- 2.Cottage cheese with 1/2 cup of berries and cinnamon - protein: 12g, carb: 15g
- 3.Cottage cheese with 1/2 cup pineapple - protein: 12g, carb: 16g
- 4.Muuna single-serve cottage cheese with fruit on the bottom - protein: 15g, carb: 10g
- 5.Cottage cheese with 100 calorie pack of nuts - protein: 16g, carb: 9g
- 6.Cottage cheese with chives - protein: 12g, carb: 6g

## Greek Yogurt Varieties

- 1.Siggi's No Sugar Added Banana Cinnamon Greek yogurt with 1/4 cup almonds - protein: 21g, carb: 20g
- 2.Siggi's Almond Butter Greek yogurt - protein: 19g, carb: 14g
- 3.Siggi's Dairy Free Greek yogurt - protein: 10-11g, carb: 8-12g
- 4.Chobani Less Sugar Greek yogurt - protein: 12g, carb: 10g
- 5.Chobani Less Sugar Greek yogurt flips - protein: 8g, carb: 15g
- 6.Fage Trublend Greek yogurt with 1/2 cup berries - protein: 8g, carb: 15g
- 7.Fage 0% Greek yogurt with cinnamon and vanilla - protein:16 g, carb: 5g
- 8.Oikos triple zero greek yogurt with 1 Tbsp Lilly's chocolate chips - protein: 16g, carb: 15g
- 9.Two Good Greek yogurt with 1/4 cup Nature's Path Grain Free Granola - protein: 15g, carb: 5g
- 10.Pillar's drinkable Greek yogurt - protein: 20g, carb: 8g

## Veggies + Dip Varieties

- 1.Carrots with 2 Tbsp hummus - protein: 3g, carb: 12g
- 2.Peppers with single serve wholly guacamole - protein: 3g, carb: 10g
- 3.Celery with 1 Tbsp peanut butter - protein:4 g, carb: 6g
- 4.Carrots with 1 Tbsp almond butter - protein: 4g, carb: 5g
- 5.Cucumbers with 1 laughing cow cheese wedge - protein: 3g, carb: 3g
- 6.Cucumbers sliced and topped with cottage cheese - protein: 12g, carb: 6g
- 7.Veggies dipped in Plain Greek yogurt with everything bagel seasoning - protein: 16g, carb: 8g
- 8.Veggies dipped in salsa - protein: 2g, carb: 15g
- 9.Hollowed-out pepper filled with tuna salad - protein: 10g, carb: 12g
- 10.Cucumber sliced and topped with 1/4 cup chicken salad - protein: 10g, carb: 9g
- 11.Lettuce wrap filled with egg salad (1 egg mashed, light mayo, onion, celery) - protein: 7g, carb: 8g

## Wasa Cracker Varieties (2 wasa crackers) with:

- 1.2 Tbsp hummus and sliced cucumber – protein: 5g, carb: 32g
2. Wholly guacamole and sliced peppers/tomato – protein: 4g, carb: 30g
- 3.1 Tbsp PB and 1/4 cup berries heated for 30 seconds and mashed into a jam – protein: 6g, carb: 28g
4. Greek yogurt and cinnamon – protein: 17g, carb: 24g
5. 1/4 cup tuna/chicken/egg salad – protein: 6-11g, carb: 20-21g
6. Red sauce and 1 mozzarella cheese stick, heated – protein: 10g, carb: 22g

## Salty Snacks (get single serve whenever possible!)

1. Bada Bean Bada Boom – protein: 6g, carb: 14g
2. Biena Chickpeas – protein: 6g, carb: 15g
3. 100 calorie pack nuts – protein: 4g, carb: 3g
4. Dry roasted edamame – protein: 13g, carb: 11g
5. Skinny pop popcorn – protein: 1g, carb: 10g
6. Super Seedz pumpkin seeds – protein: 8g, carb: 3g
7. Sargento Balance breaks – protein: 7g, carb: 12g
8. 2 slices deli turkey wrapped around pickle spear – protein: 9g, carb: 3g
9. P3 pack – protein: 11g, carb: 4g
10. Salt and vinegar almonds – protein: 6g, carb: 5g
11. Wilde Chips – protein: 10g, carb: 8g
12. Harvest Snap Peas (measure out 1 serving!) – protein: 5g, carb: 16g
13. Biena chick pea puffs – protein: 7g, carb: 11g
14. Trader Joe's kale chips with tahini (1/2 bag is a serving) – protein: 6g, carb: 8g

## Protein bar

1. Health warrior chia bar – protein: 3g, carb: 17g
2. Built bar – protein: 17g, carb: 18g
3. Health warrior pumpkin seed bar – protein: 7g, carb: 11g
4. RX bar – protein: 12g, carb: 23g
5. Oatmega bar – protein: 14g, carb: 22g
6. Quest bar – protein: 21g, carb: 22g
7. Think bar (thin version) – protein: 20g, carb: 24g
8. Aloha Bar – protein: 14g, carb: 26g
9. Barebell Bar – protein: 20g, carb: 18g

## Protein shake

- 1.Koia protein shake – protein: 18g, carb: 13g
- 2.Premier protein shake – protein: 30g, carb: 4g
- 3.Owyn protein shake – protein: 20g, carb: 8g
- 4.Protein powder (BiPro, Tera's Whey, Vega Sport, Jullian Bakery) mixed with water/almond milk – protein: 20-30g, carb: 3-5g

## Egg Varieties

- 1.1-2 hard-boiled eggs with everything bagel seasoning – protein: 6-12g, carb: 0-1g
- 2.1-2 eggs scrambled with veggies – protein: 6-12g, carb: 1-6g
- 3.1 egg mashed with light mayo – protein: 6g, carb: 2g

## Low-carb pita (eg Joseph's or Trader Joe's) topped with:

- 1.2 Tbsp hummus and sliced veggies – protein: 8g, carb: 20g
- 2.1 Tbsp PB – protein: 9g, carb: 10g
- 3.Red sauce and 1 mozzarella cheese stick, toasted – protein: 13g, carb: 10g
- 4.Wholly guacamole and veggies – protein: 8g, carb: 22g

## Fruit Pairings

- 1.1 pear and 1 baby bel cheese – protein: 6g, carb: 27g
- 2.1 small apple and 100-calorie pack cocoa roasted almonds – protein: 5g, carb: 25g
- 3.1 clementine and 1/4 cup cashews – protein: 7g, carb: 19g
- 4.1/2 cup cantaloupe with 2 slices prosciutto – protein: 5g, carb: 7g
- 5.1 fresh fig + 1/2 cup pistachios – protein: 7g, carb: 16g

## Fancy Snacks

- 1.Chilled shrimp with cocktail sauce – protein: 14g, carb: 11g
- 2.Fresh mozzarella (1 oz) with tomato, basil, and balsamic glaze – protein: 8g, carb: 14g
- 3.Edamame with lime juice – protein: 9g, carb: 7g

## Sweet Snacks

1. [Homemade protein muffin](#) – protein: 21g, carb: 7g
2. Lilly's chocolate chips melted, dip with 1/2 cup strawberries – protein: 2g, carb: 14g
3. Yasso Bar – protein: 5g, carb: 15g
4. Skinny cow ice cream treats – protein: 3g, carb: 28g
5. 1/2 cup light ice cream – protein: 2g, carb: 14g
6. Outshine bar (no sugar added) – protein: 0g, carb: 7g
7. 1/2 cup raspberries with lilly's chocolate chips – protein: 2g, carb: 15g
8. [Chia pudding](#) (1/2 serving) – protein: 14g, carb: 12g
9. RX single serve nut butter packets (try vanilla almond or cinnamon PB!) – protein: 9g, carb: 8g

