

Protein Snack Ideas

- 1) Nut & Seed Based Trail Mix make your own mix with your favourite nuts, seeds, coconut flakes, goji berries or anything else that takes your fancy
- 2) Hard Boiled Eggs
- 3) Chicken/Beef Mince Balls Mix together mince, an egg, and finely chopped onion, garlic, and fresh herbs etc and roll into golf size balls and bake in the oven. Once cooled these can be frozen and taken out as needed.
- 4) Hummus, guacamole, pesto, or cannellini bean based dips with veggie sticks
- 5) Nut butter on celery sticks
- 6) Nut butter or smashed avocado on rice cakes
- **7)** Bliss Balls Blend the following together in a high speed blender: 1 cup of almond meal, 1/2 cup shredded coconut, 1/3 cup cacao powder, 1/3 cup coconut oil, 1 tbsp chia seeds, 3-4 dates and 1-2 scoops of protein powder. Roll into balls and store in the freezer. Take out as needed.
- 8) Protein Based Smoothie
- 9) Chia Pudding
- **10)** 5 bean mix drained and rinsed, along with a dash of olive oil, lemon juice and salt and pepper. You can have on a rice cracker, or with a salad
- 11) Small tin of tuna over salad, or on its own as a snack
- 12) Apple slices with almond nut butter
- 13) Roasted pepita seeds, either on their own, or added over a salad
- 14) Roasted chickpeas, either on their own, or added to a salad

