

HIGH PROTEIN

LOW CARB SNACKS



**LOW CARB
BEEF JERKY**
32G PROTEIN
2 OZ



**COTTAGE
CHEESE**
25G PROTEIN
1 CUP



TUNA
24.8G PROTEIN
3 OZ



**QUEST
PROTEIN BAR**
21G PROTEIN
1 BAR



**LOW CARB
GREEK YOGURT**
17.3G PROTEIN
170 G



**SLICED
DELI MEAT**
16.8G PROTEIN
3 OZ



PEPPERONI
16.4G PROTEIN
3 OZ



**LOW CARB
SMOOTHIE**
13G PROTEIN
PER SERVING



**LOW CARB
ICE CREAM**
12G PROTEIN
PER SERVING



EDAMAME
11G PROTEIN
1.58 OZ



**HOMEMADE
CHEESE CHIPS**
10G PROTEIN
23 CRISPS



**PUMPKIN
SEED**
9.8G PROTEIN
1/4 CUP



**CHICKEN
SALAD**
9G PROTEIN
PER SERVING



BOILED EGG
6.3G PROTEIN
PER EGG



DEVEILED EGGS
6G PROTEIN
2 EGGS



SALAMI
2.7G PROTEIN
1 SLICE