

Protein Snack Suggestion List

Food Item	Brand	Cal.	Protein	Serving	Total Fat	Sodium	Fiber	Sugar	Fast Faster Fastest
Tuna	Starkist pouch in H2O	80	18	1 pouch 2.6 oz	0.5	300 mg	1	0	
Greek Yogurt	Chobani	120	16	1 indiv 6 oz	0	65 mg	0	13	
Soup Mix	Herbalfife	80	16	1 packet	0.5	590 mg	0	0	
Beverage Mix - Mango	Herbalfife	70	15	1 serving (2 scoops)	0	40 mg	0	0	
Beverage Mix - Wild Berry	Herbalfife	70	15	1 serving (2 scoops)	0	40 mg	0	0	
Cookies-N-Cream Formula 1 Bars	Herbalfife	200	15	1 bar	5	320 mg	5	11	
Beef & Ostrich Snack - BBQ Flavor	Ostrim	80	14	1 stick	1.5	360 mg	0	1	
Cottage Cheese - Fat Free	Michigan	80	14	1/2 cup	0	420 mg	0	4	
Cottage Cheese - Low Fat 2% milkfat	Daisy	90	14	1/2 cup	2.5	360 mg	0	4	
Protein Bars - Chocolate Coconut	Herbalfife	170	12	1 bar	7	90 mg	5	10	
Protein Bars - Chocolate Fudge	Herbalfife	160	12	1 bar	6	70 mg	5	9	
Protein Bars - Peanut Butter	Herbalfife	150	12	1 bar	6	140 mg	2	12	
Deli Turkey - Honey Prepackaged	Hormel	60	11	3 slices	1	450 mg	0	2	
Protein Bars DLX - Chocolate Peanut	Herbalfife	140	10	1 bar	4	20 mg	0	10	
Protein Bars DLX - Citrus Lemon	Herbalfife	140	10	1 bar	4.5	35 mg	0	11	
Protein Bars DLX - Vanilla Almond	Herbalfife	140	10	1 bar	4	25 mg	0	11	
Soy Nuts - Chili Lime	Herbalfife	100	9	1 pack	4.5	125 mg	2	0	
Soy Nuts - Salted	Herbalfife	100	9	1 pack	5	110 mg	2	0	
Cottage Cheese Doubles w/fruit	Breakstones	100	8	1 indiv. container	2	300 mg	0	10	
Pumpkin Seeds	Kar's	160	8	1/3 cup	13	20 mg	0	1	
Mozzarella String Cheese	Kraft	80	7	1 stick	6	190 mg	0	0	
Soy Yogurt	Stonyfield Organic	170	7	1 indiv. container	2.5	45 mg	2	27	
Egg - Hard Boiled	Meijer	70	6	1 large	4.5	65 mg	0	0	
Raw Almonds	Blue Diamond Raw	160	6	1oz-about 24 nuts	14	0	3	1	
PB2 Peanut Butter Powder	Plantation Bell	45	5	2 Tbsp	13	94 mg	2	1	
Almonds - Dry Roasted	Emerald	100	4	1 pack	9	150 mg	2	1	
Turkey Bacon	Meijer	40	2	1 slice	3	220 mg	0	0	