



Muscle-Centric Snack

Power Protein + Fruit Pairing

Choose 1

POWER PROTEIN	Amount	Protein (g)	Fiber (g)	Cals
Beef Jerky	1 oz	12	0	70
Cottage cheese (2%)	4 oz (1/2 cup)	13	0	100
Greek Yogurt (zero sugar)	5.3 oz	15	0	90
Hard Boiled Egg*	1 large	6	0	78
Roasted soy nuts or roasted edamame	1 oz (1/3 cup)	14	6	130
String Cheese Stick	1 oz	7	0	80

*You can [make your own](#) or buy ready-to-eat peeled eggs for added convenience.

Choose 1

FRUIT	Amount	Protein (g)	Fiber (g)	Cals
Apple	1	0	4	95
Blackberries	1/2 cup	1	4	32
Craisins (reduced sugar)	1/4 cup	0	10	100
Guava	1/2 cup	2	4	56
Orange	1	1	3	62
Pear	1	1	6	101

Reference: <https://fdc.nal.usda.gov/>



Quick & Easy Solutions

Starchy Vegetables

Choose 1

POWER PROTEIN	Amount	Protein (g)	Fiber (g)	Cals
Beef Jerky	1 oz	12	0	70
Cottage cheese (2%)	4 oz (1/2 cup)	13	0	100
Greek Yogurt (zero sugar)	5.3 oz	15	0	90
Hard Boiled Egg	1 large	6	0	78
String Cheese Stick, part skim	1 oz	7	0	80

Choose 1

Veggie	Amount	Protein (g)	Fiber (g)	Cals
Carrots, sticks or slices	1/2 cup	0	2	25
Jicama, sticks	1/2 cup	0	3	23
Red Pepper, strips	1/2 cup	0	1	15

Add

Hummus	Amount	Protein (g)	Fiber (g)	Cals
	2 tbsp	1	2	71

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Sweet Treat



- 1 whole grain, multigrain, or gluten-free crispbread wafer (about ½ oz, or 13 – 15 grams)
- 1/3 cup part-skim ricotta cheese
- 2 large strawberries, sliced
- 1 tsp balsamic glaze
- Chopped fresh basil
- Average 11 g protein, 4 g fiber, 192 calories

Savory Solution



- 1 whole grain, multigrain, or gluten-free crispbread wafer (about ½ oz, or 13 – 15 grams)
- 2 tbsp medium-heat guacamole
- ¼ cup shredded carrot
- 1 hard-boiled egg, sliced
- 1 tbsp chopped red onion
- 1 pinch black pepper
- Average 9 g protein, 5 g fiber, 174 calories