



60 PROTEIN PACKED SNACK IDEAS

YOU CAN MAKE AT HOME



HIGH PROTEIN SNACKS

INTRODUCTION

High protein snacks can provide a number of benefits for your health and wellbeing. Here are some reasons why high protein snacks are good for you:

They help build and repair tissues:

Protein is an essential nutrient that helps build and repair tissues in the body, including muscles, bones, skin, and organs. Consuming high protein snacks can help support these processes and promote tissue growth and repair.

They can help with weight management:

Protein is a highly satiating nutrient, meaning it can help you feel full and satisfied after eating. By consuming high protein snacks, you may be less likely to overeat or snack on less healthy options, which can help support weight management.



HIGH PROTEIN SNACKS

They can improve muscle strength and function:

Consuming high protein snacks can help support muscle growth and strength, which is important for overall physical function and performance.

They can support healthy metabolism:

Protein has a higher thermic effect than other nutrients, meaning that it requires more energy to digest and metabolise. This can help support a healthy metabolism and promote weight loss.

They can support blood sugar control:

Consuming high protein snacks can help stabilise blood sugar levels, which is important for preventing energy crashes and supporting overall health.

Overall, high protein snacks can provide a number of health benefits and are a great option for supporting a healthy diet and lifestyle.

Here we have 50 super high protein snacks you can make at home!





Protein Smoothie

Ingredients

- 1 protein powder
- frozen fruit
- Greek yogurt

Directions

- Blend all ingredients until smooth and creamy.

TIPS:

For a thicker consistency, try adding a handful of ice cubes before blending. This will also make your smoothie more refreshing, especially on warmer days.



Deviled Eggs

Ingredients

- Hard boiled egg yolks
- Greek yogurt
- Mustard
- Herbs

Directions

Mix hard-boiled egg yolks with Greek yogurt, mustard, and herbs for a delicious and high protein snack.



Roasted Turkey Breast

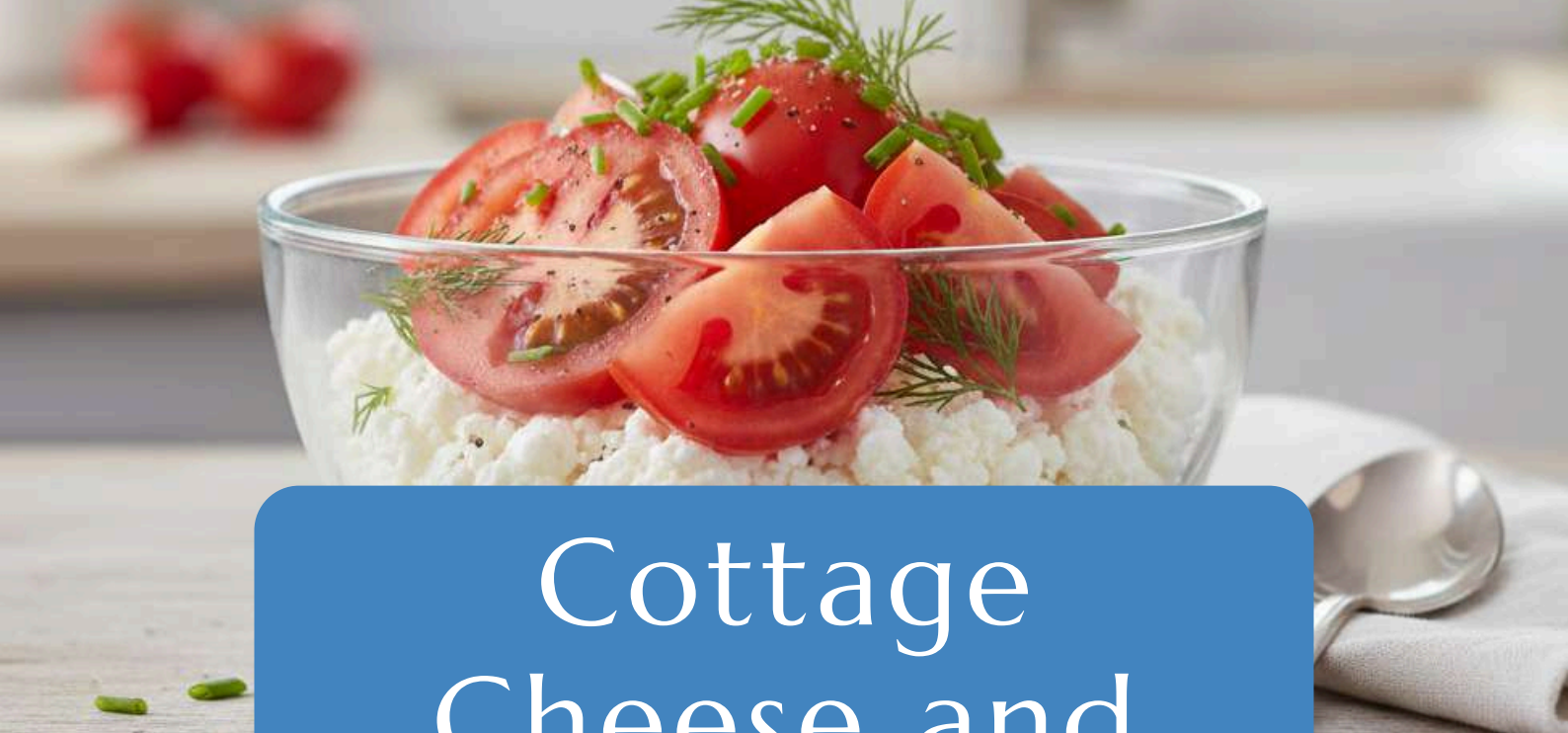
Ingredients

- Turkey Breast
- Veggies

Directions

Slice roasted turkey breast and pair with veggies for a protein-rich snack.





Cottage Cheese and Tomato

Ingredients

- Cottage Cheese
- Tomatoes
- Herbs

Directions

Top cottage cheese with sliced tomatoes and herbs for a refreshing and protein-packed snack.



Baked Tofu

Ingredients

- Tofu
- Favorite Spices

Directions

Marinate tofu with your favourite spices, then bake for a protein-rich and vegan snack.





Cheese and Crackers

Ingredients

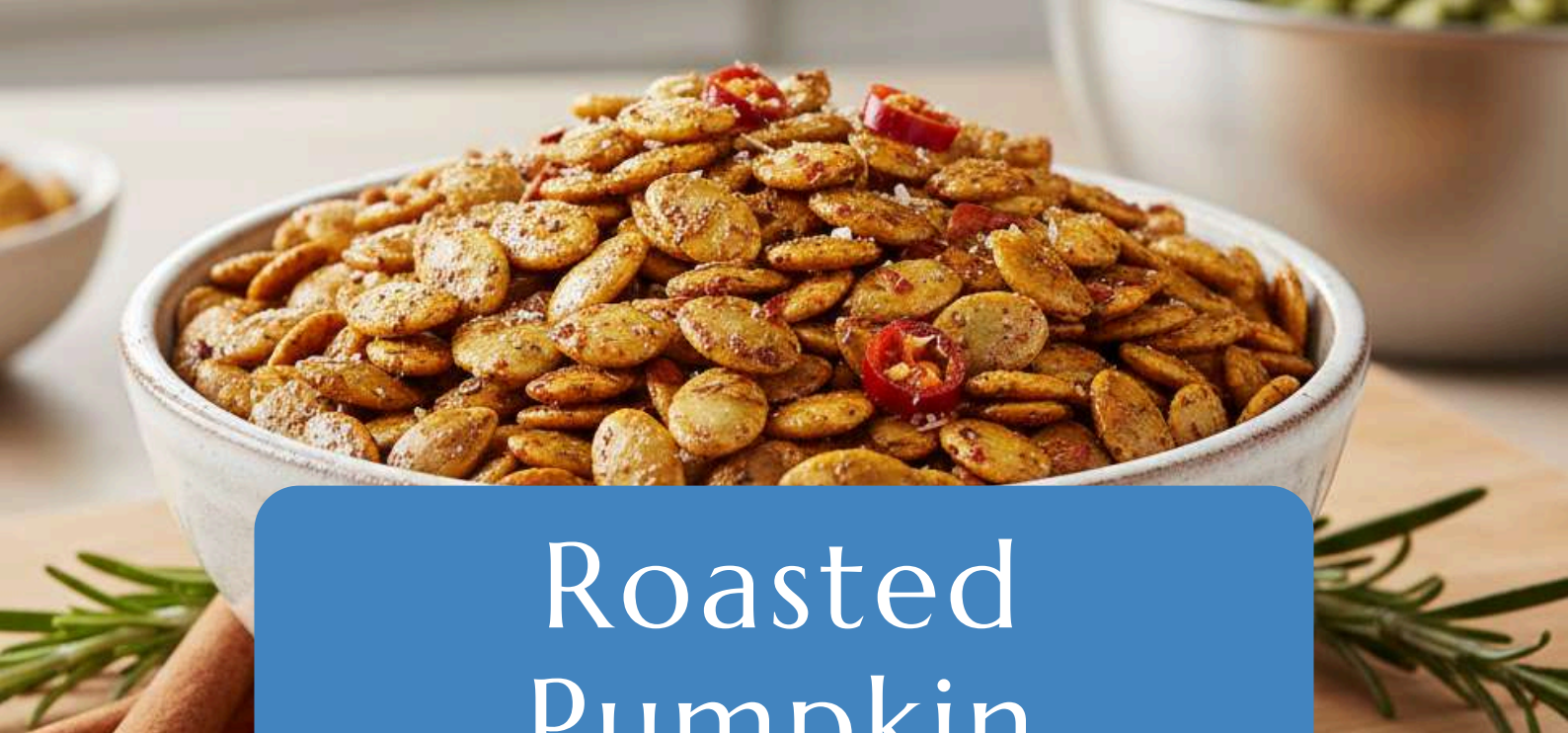
- Cheese
- Whole-grain crackers

Directions

Pair cheese with whole-grain crackers for a protein and fibre-rich snack.

TIPS:

For extra moisture and flavor, try adding a handful of chopped nuts or dark chocolate chips to the batter before baking.



Roasted Pumpkin Seeds

Ingredients

- Pumpkin seeds
- Olive oil
- Spices

Directions

Toss pumpkin seeds with olive oil and spices, then roast for a crunchy and protein-rich snack.



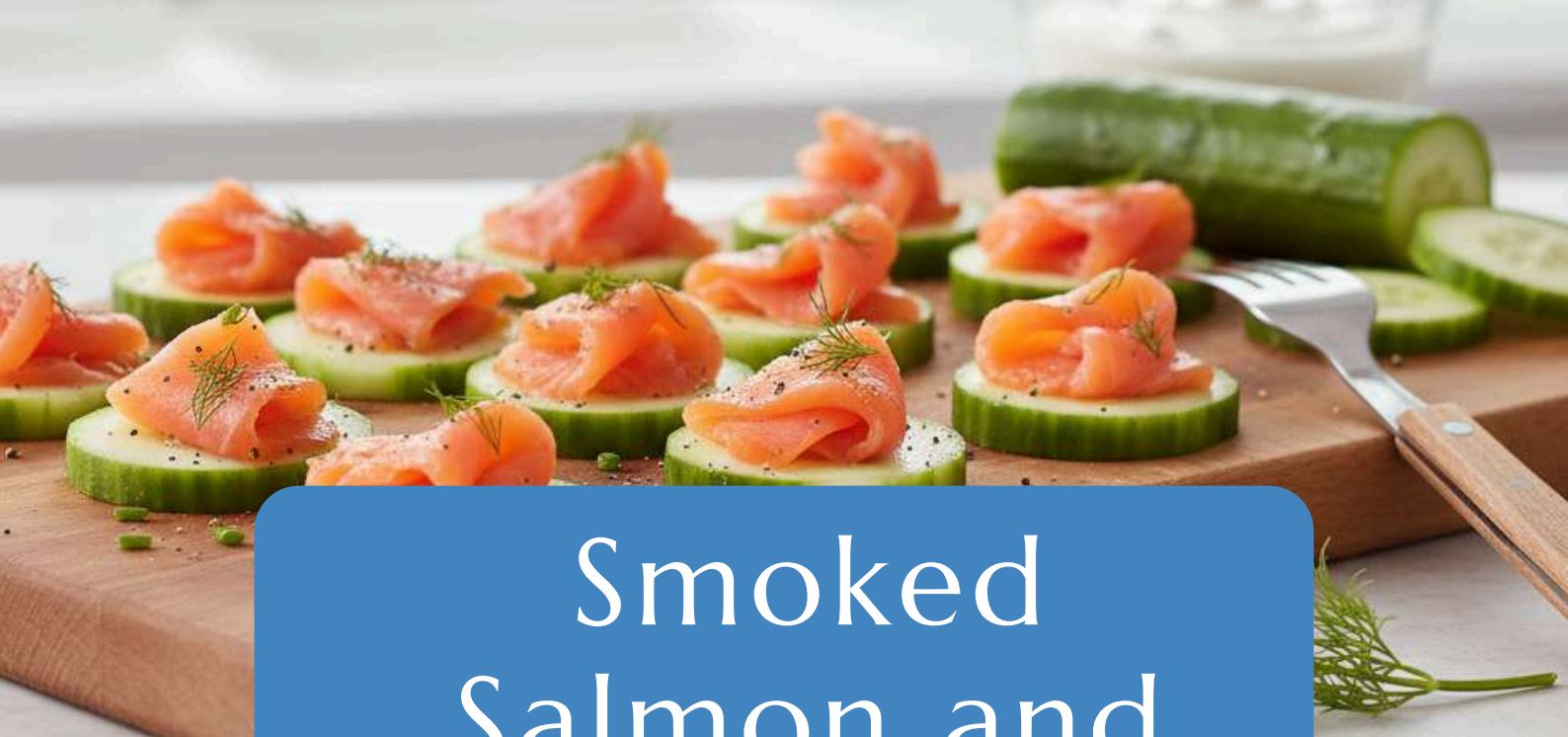
Protein Pudding

Ingredients

- Protein Powder
- Greek yogurt
- almond milk
- cocoa powder

Directions

Mix protein powder with Greek yogurt, almond milk, and cocoa powder for a protein-rich and satisfying snack.



Smoked Salmon and Cucumber

Ingredients

- Cucumber
- smoked salmon

Directions

Top cucumber slices with smoked salmon for a high protein and omega-3 rich snack.





Quinoa and Veggie Stuffed Peppers

Ingredients Directions

- Bell peppers
- Quinoa
- veggies
- cheese

Stuff roasted bell peppers with quinoa, veggies, and cheese for a protein-packed and vegetarian snack.





Apple and Cheese

Ingredients

- Apple
- Cheese

Directions

Pair apple slices with cheese for a protein and fibre-rich snack.





Chickpea Salad

Ingredients

- Canned Chickpeas
- Veggies
- Herbs
- Dressing

Directions

Mix canned chickpeas with veggies, herbs, and dressing for a protein-rich and vegetarian snack.





Shrimp Cocktail

Ingredients

- Shrimp
- Cocktail sauce

Directions

Serve boiled shrimp with cocktail sauce for a protein-rich and low-calorie snack.





Greek Yogurt Bark

Ingredients

- Greek yogurt
- Honey
- Fruit

Directions

Mix Greek yogurt, honey, and fruit, then freeze for a protein-rich and refreshing snack.



Protein Muffins

Ingredients

- Oats
- Protein powder
- Fruit

Directions

Bake muffins with protein powder, oats, and fruit for a filling and protein-rich snack.





Chicken Salad Lettuce Wraps

Ingredients

- Chicken
- Avocado
- Veggies
- Herbs
- Lettuce

Directions

Mix cooked chicken with avocado, veggies, and herbs, then wrap in lettuce leaves for a protein-packed snack.





Chocolate Covered Almonds

Ingredients

- Almonds
- Dark chocolate

Directions

Dip almonds in melted dark chocolate for a protein and antioxidant-rich snack.





Beef or Turkey Meatballs

Ingredients

- Meatballs
- Veggies

Directions

Bake or grill meatballs and serve with veggies for a protein-rich snack.



A close-up photograph of a bowl filled with a tofu scramble. The scramble is yellow and crumbly, mixed with diced red tomatoes, sliced cucumbers, and thin slices of red onions. It is garnished with fresh green herbs, likely chives. In the background, there is a small white bowl containing more green herbs and a fork resting on a white plate.

Tofu Scramble

Ingredients

- Tofu
- veggies
- Herbs
- Spices

Directions

Scramble tofu with veggies, herbs, and spices for a protein-rich and vegan snack.



Spinach and Cheese Stuffed Mushrooms

Ingredients

- Mushrooms
- Spinach
- Cheese
- Herbs

Directions

Stuff mushrooms with spinach, cheese, and herbs for a protein-rich and vegetarian snack.





Turkey Bacon Wrapped Asparagus

Ingredients

- Asparagus
- Turkey bacon

Directions

Wrap asparagus spears with turkey bacon and bake for a protein-packed and low-calorie snack.





Roasted Red Pepper Hummus

Ingredients

- Red peppers
- Chickpeas
- Spices

Directions

Blend roasted red peppers with chickpeas and spices for a protein-rich dip for veggies or crackers.





Salmon and Avocado Toast

Ingredients Directions

- Toast
- Smoked salmon
- Avocado

Top toast with smoked salmon and sliced avocado for a protein-rich and omega-3 rich snack.





Spicy Roasted Almonds

Ingredients

- Almonds
- Hot sauce
- Spices

Directions

Toss almonds with hot sauce and spices, then roast for a protein-rich and spicy snack.





Greek Yogurt Tzatziki

Ingredients

- Greek yogurt
- Cucumber
- Herbs
- Lemon juice

Directions

Mix Greek yogurt with cucumber, herbs, and lemon juice for a protein-rich dip for veggies or pita chips.



Lentil Salad

Ingredients

- Lentils
- Veggies
- Herbs
- Dressing

Directions

Mix cooked lentils with veggies, herbs, and dressing for a protein-rich and vegetarian snack.





Buffalo Chicken Dip

Ingredients

- Chicken
- Hot sauce
- Greek yogurt

Directions

Mix shredded chicken with hot sauce and Greek yogurt for a protein-rich dip for veggies or crackers.





Kale Chips

Ingredients

- Kale
- Olive Oil
- Spices

Directions

Toss kale with olive oil and spices, then bake for a protein-rich and crunchy snack.



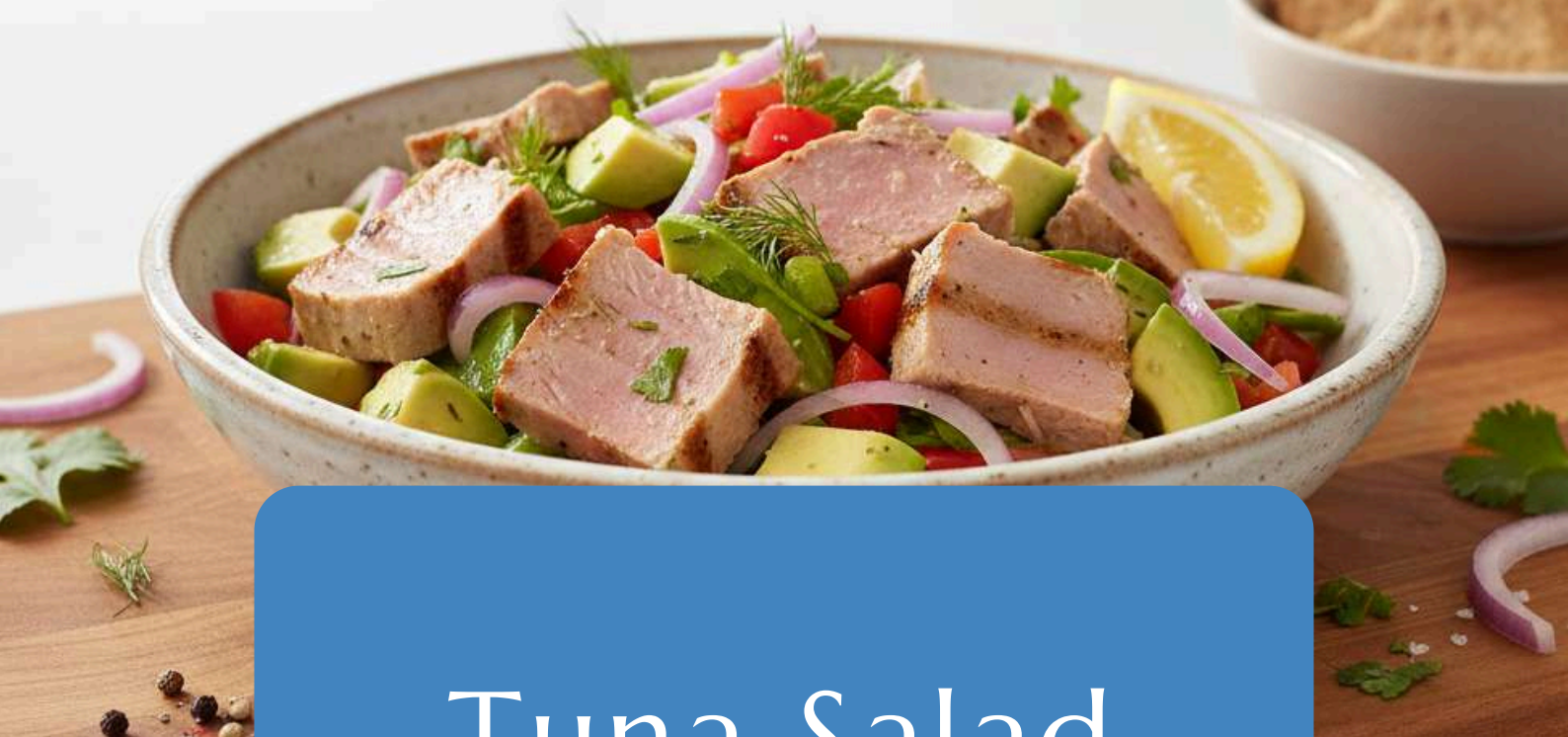
Protein Pancakes

Ingredients

- Protein Powder
- Eggs
- Banana

Directions

Mix protein powder with eggs and banana, then cook for a filling and protein-rich snack.



Tuna Salad

Ingredients

- Tuna
- Avocado
- Veggies
- Herbs

Directions

Mix canned tuna or grilled tuna steaks with avocado, veggies, and herbs for a protein-packed and healthy snack.





Greek Yogurt Parfait

Ingredients

- Greek yogurt
- Berries
- Nuts
- Honey

Directions

Layer Greek yogurt, berries, nuts, and honey for a delicious and protein-packed snack.



Hard-Boiled Eggs

Ingredients

- Eggs

Directions

Boil a batch of eggs at the beginning of the week for an easy protein snack on the go.



Homemade Trail Mix

Ingredients

- Nuts
- Seeds
- Dried fruit

Directions

Combine nuts, seeds, and dried fruit for a filling and protein-rich snack.





Cottage Cheese and Fruit

Ingredients

- Cottage cheese
- fruits

Directions

Mix cottage cheese with fresh fruit for a sweet and savoury high protein snack.





Roasted Chickpeas

Ingredients

- Chickpeas
- Olive oil
- Spices

Directions

Toss chickpeas with olive oil and spices, then roast for a crunchy and satisfying snack.





Turkey Roll-Ups

Ingredients

- Turkey
- Veggies
- Cheese

Directions

Wrap sliced turkey around veggies or cheese for a protein-packed snack.



Peanut Butter and Apple Slices

Ingredients

- Peanut butter
- Apple

Directions

Spread peanut butter on apple slices for a protein-rich and satisfying snack.





Hummus and Veggies

Ingredients

- Veggies
- Hummus

Directions

Dip sliced veggies into homemade or store-bought hummus for a protein-packed snack.



Roasted Edamame

Ingredients

- Edamame
- Olive oil
- Spices

Directions

Toss edamame with olive oil and spices, then roast for a crunchy and protein-rich snack.





Beef Jerky

Ingredients

- Beef jerky

Directions

Choose a low-sodium and minimally processed beef jerky for a high protein snack.





Protein Balls

Ingredients

- Nut Butter
- Oats
- Protein powder

Directions

Mix nut butter, oats, and protein powder for a satisfying and protein-rich snack.



Greek Yogurt Dip

Ingredients

- Greek yogurt
- Herbs
- Spices

Directions

Mix Greek yogurt with herbs and spices for a protein-packed dip for veggies or crackers.





Quinoa Salad

Ingredients

- Quinoa
- Veggies
- Herbs
- Dressing

Directions

Cook quinoa and mix with veggies, herbs, and dressing for a protein-packed snack.





Salmon Salad

Ingredients

- Salmon
- Avocado
- Cucumber
- Lemon Juice

Directions

Mix canned salmon or salmon fillets with avocado, cucumber, and lemon juice for a protein-packed and omega-3 rich snack.





Homemade Protein Bars

Ingredients

- Nut Butter
- Oats
- Protein powder
- Honey

Directions

Mix nut butter, oats, protein powder, and honey for a homemade protein bar.



Sardines on Crackers

Ingredients

- Crackers
- Sardines

Directions

Top crackers with canned sardines for a high protein and omega-3 rich snack.





Avocado Toast with Egg

Ingredients

- Avocado
- Toast
- Boiled egg

Directions

Spread avocado on toast and top with a fried or boiled egg for a protein-packed snack.





Roasted Nuts

Ingredients

- Nuts
- Olive oil
- Spices

Directions

Toss mixed nuts with olive oil and spices, then roast for a protein-rich and crunchy snack.



A close-up photograph of several skewers of grilled chicken and vegetables. The skewers are arranged on a white plate. The ingredients include chunks of grilled chicken, sliced red and yellow bell peppers, sliced zucchini, and sliced red onions. The chicken is seasoned and has a slightly charred appearance. In the background, there is a small white bowl containing a red sauce and a metal fork.

Grilled Chicken Skewers

Ingredients

- Chicken
- Veggies

Directions

Grill chicken skewers with veggies for a protein-packed and satisfying snack.



Peanut Butter and Banana Smoothie

Ingredients

- Banana
- Peanut butter
- Greek yogurt
- Almond Milk

Directions

Blend banana, peanut butter, Greek yogurt, and almond milk for a protein-packed smoothie.

A close-up photograph of a white plate filled with golden-brown, breaded zucchini fries. The fries are coated in a mixture of breadcrumbs and melted cheese, with visible green herbs. In the background, a small white bowl contains a pinkish-red dipping sauce, and a few green leaves are scattered on the dark wooden surface.

Baked Parmesan Zucchini Fries

Ingredients

- Zucchini
- Egg
- Parmesa

Directions

Cut zucchini into fries, coat with egg and parmesan, then bake for a protein-rich snack.



Chocolate Peanut Butter Protein Bars

Ingredients

- Protein powder
- Peanut butter
- Honey
- Oats

Directions

Mix protein powder, peanut butter, honey, and oats for a delicious and protein-rich snack bar.



Chia Seed Pudding

Ingredients

- Chia seeds
- Almond milk
- fruits

Directions

Chia seeds are a great source of plant-based protein and can be mixed with almond milk, sweetener, and fruit to make a delicious and filling snack.





Smoked Salmon and Cream Cheese on Cucumber Slices

Ingredients

- Cucumber
- Smoked salmon
- Cream Cheese

Directions

Top cucumber slices with smoked salmon and cream cheese for a protein-rich and refreshing snack.



Chocolate Avocado Pudding

Ingredients

- Avocado
- Cocoa powder
- Almond milk

Directions

Mix avocado, cocoa powder, almond milk, and protein powder for a protein-rich and chocolatey snack.



A close-up photograph of several 'Ants on a Log' snacks. They are made of green celery sticks, each topped with a thick spread of peanut butter and several small, dark raisins. The snacks are arranged on a wooden cutting board. In the background, there is a small white bowl filled with more raisins and a knife with some peanut butter on its blade.

Ants on a Log

Ingredients

- Peanut Butter
- Celery
- Raisins

Directions

Spread peanut butter on celery sticks and top with raisins for a protein-rich and fun snack.



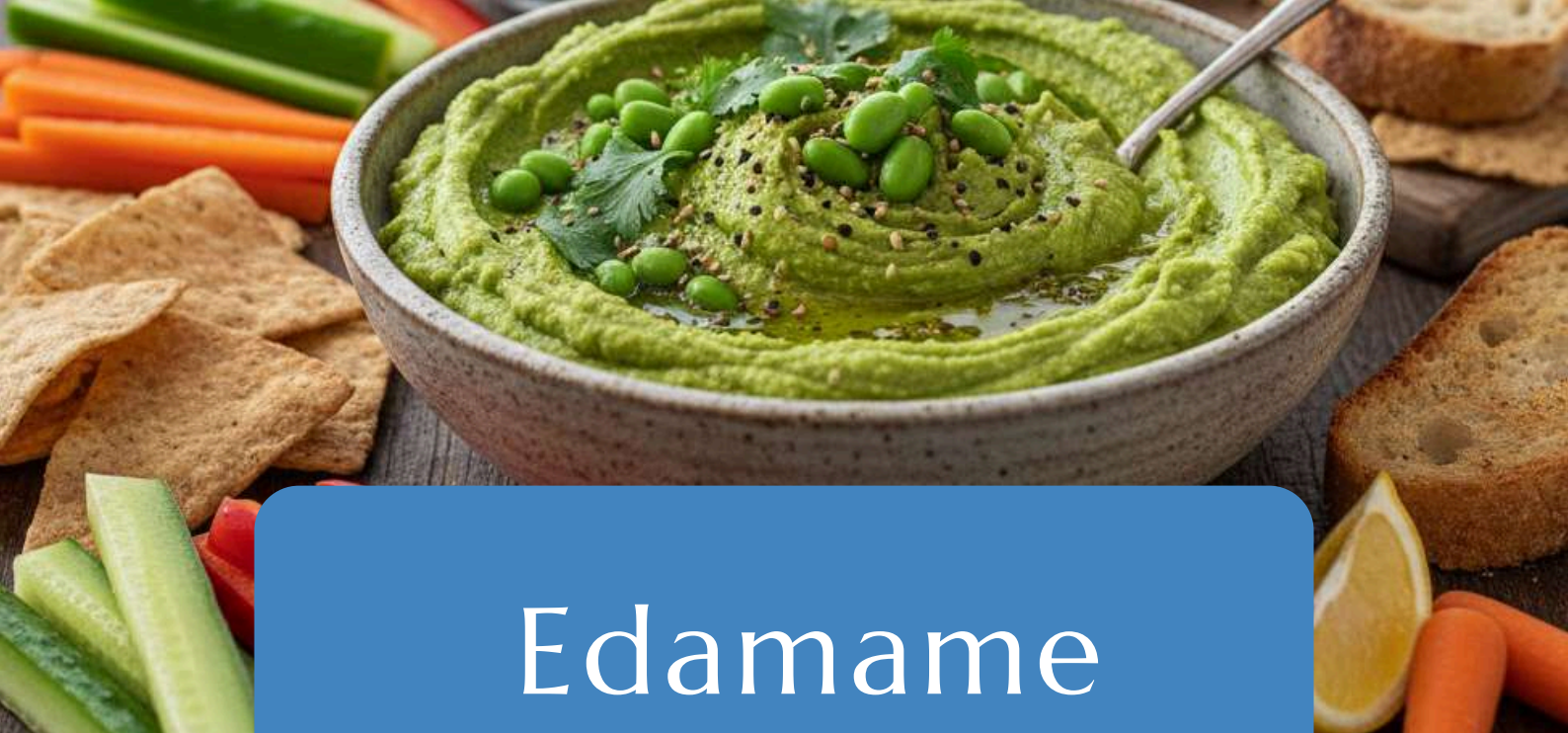
Tuna Melt

Ingredients

- Toast
- Tuna salad
- Cheese

Directions

Top whole grain toast with tuna salad and cheese, then broil for a protein-rich and delicious snack.



Edamame Hummus

Ingredients

- Edamame
- Greek yogurt
- Garlic
- Lemon juice

Directions

Blend edamame, Greek yogurt, garlic, and lemon juice for a protein-packed and flavourful dip.



Baked Chicken Tenders

Ingredients

- Chicken
- Almond Flour
- Spices

Directions

Coat chicken tenders in almond flour and spices, then bake for a protein-packed and flavourful snack.





Baked Sweet Potato Fries

Ingredients

- Sweet potatoes
- Olive oil
- Spices

Directions

Cut sweet potatoes into fries, coat with olive oil and spices, then bake for a protein-rich and delicious snack.



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