

5 HIGH PROTEIN SNACKS

That Taste Like A Treat

But Work Like Fuel

Quick. Easy. Delicious.

Designed for people over 40 who want to fuel their body
without giving up food they love.

Created by Jody Gatchell — NASM Certified Nutrition Coach

Hey Friend,

When I first started paying closer attention to my nutrition, I realized something quickly that getting enough protein every day is a lot harder than most people think, especially when you're busy, tired, stressed, or constantly on the go.

Most people don't fail because they don't care about their health. They struggle because life gets hectic, energy gets low, and convenience usually wins. That is exactly why I created these recipes.

I wanted snacks that actually tasted good. Snacks that felt satisfying. Snacks that didn't feel like "diet food." No dry chicken breast. No boring containers of plain cottage cheese. No chalky shakes you force yourself to drink because someone online told you to.

These are the kinds of snacks I come back to over and over again for myself, my family, and the people I work with. They are simple to make, easy to prep ahead of time, and designed for real life. More importantly, they help fuel your body instead of working against it.

One of the biggest things I've learned through my own fitness journey and through my certifications in nutrition and personal training is this: after 40, protein matters more than ever.

Protein helps support:

- Muscle strength and recovery
- Energy and fullness throughout the day
- Healthy aging and mobility
- Better body composition
- Reduced cravings and mindless snacking

The good news is you do not need a perfect meal plan or complicated recipes to make progress. Small, consistent choices add up. That is where these snacks come in.

Think of these recipes as simple tools you can use throughout your week. Mix and match them. Adjust them to fit your taste. Add your own spin to them. The goal is not perfection, the goal is building habits you can actually stick with.

If these snacks help you feel more energized, more in control of your eating, and more confident in your health journey, then this guide did exactly what I hoped it would do.

Now let's get started and make protein taste like something you actually look forward to eating.

With love & protein,
Jody Gatchell

“Your body needs more protein after 40. Not less food. Better food.”

— Jody Gatchell

Why Protein Snacks Matter After 40

After 40, your body naturally starts losing muscle mass. The right protein strategy can slow that process, boost energy, and keep cravings in check.

1 MUSCLE SUPPORT

After 40, muscle loss accelerates without adequate protein intake. Consistent protein snacking helps preserve lean muscle and keeps your metabolism running strong. Aim to spread protein throughout your day rather than loading up at dinner.

2 ENERGY ALL DAY

Protein stabilizes blood sugar, which means no more 3pm energy crashes. When you snack on protein instead of simple carbs, your energy stays level and your focus stays sharp. Your body gets sustained fuel, not a spike and crash.

3 CRAVING CONTROL

Protein is the most satiating macro nutrient. When you eat enough protein, hunger hormones are suppressed and you're less likely to reach for processed snacks. High-protein snacks are one of the most powerful tools for staying on track.

The target: 25–40 grams of protein per meal. Use these snacks to fill the gaps.



PROTEIN COOKIE DOUGH BITES

WHAT YOU NEED

1 cup rolled oats
1/2 cup vanilla protein powder
(1–2 scoops)
1/2 cup natural almond butter or
peanut butter
3 tbsp honey or maple syrup
1/4 cup mini dark chocolate
chips
2–3 tbsp milk of choice (to bind)
1/2 tsp vanilla extract
Pinch of sea salt

HOW TO MAKE IT

In a large mixing bowl, add the oats, protein powder, and sea salt. Stir together until evenly combined.

Add the almond butter, honey, and vanilla extract. Mix until the ingredients begin to come together.

Fold in the chocolate chips and stir until evenly distributed throughout the mixture.

Add milk one tablespoon at a time, mixing after each addition, until the dough is soft, slightly sticky, and holds its shape when pressed together.

Roll the mixture into 12–14 bite-sized balls, about 1 inch in diameter.

Place the protein bites on a parchment-lined tray or plate and refrigerate for about 30 minutes to help them firm up.

Store in an airtight container in the refrigerator for up to 7 days for an easy grab-and-go high-protein snack.



Per Protein Bite (12 servings)

Calories: 145

Protein: 6g

Carbohydrates: 13g

Fat: 8g

Fiber: 2g

★ JODY TIP

Freeze a batch for up to 3 months, they thaw in minutes and taste just as good straight from the freezer. Use a chocolate or vanilla casein protein powder for a thicker, doughier texture. If your dough is too dry, add milk slowly until it just comes together.

GREEK YOGURT CHOCOLATE MOUSSE

WHAT YOU NEED

1 cup plain full-fat Greek yogurt
(2% or higher)
1 scoop chocolate protein powder
2 tbsp unsweetened cocoa powder
2 tbsp honey or maple syrup
1/2 tsp vanilla extract
Pinch of sea salt
Optional toppings: berries,
dark chocolate shavings, crushed nuts

HOW TO MAKE IT

Add the Greek yogurt to a medium-sized mixing bowl.

Sift in the cocoa powder and chocolate protein powder to help create a smooth, lump-free texture.

Add the honey, vanilla extract, and a pinch of sea salt.

Whisk or fold everything together until the mixture becomes rich, creamy, and fluffy — about 1–2 minutes.

Taste and adjust the sweetness if needed by adding a little more honey or maple syrup.

Divide into two servings or store as a single larger portion.

Top with fresh berries, dark chocolate shavings, or crushed nuts if desired.

Enjoy immediately for a mousse-like texture, or refrigerate for up to 24 hours for a thicker, chilled treat.



Per Serving (2 servings)

Calories: 215

Protein: 23–24g

Carbohydrates: 14g

Fat: 6g

Fiber: 2g

★ JODY TIP

Use Oiko Triple 0 instead of Greek yogurt for an even thicker, richer mousse with slightly more protein. Chill your bowl in the freezer for 10 minutes before mixing for a creamier texture. This works as a post-workout snack or a guilt-free dessert.

PEANUT BUTTER PROTEIN CUPS

WHAT YOU NEED

1 cup dark chocolate chips or melting wafers
1/2 cup natural peanut butter (runny style)
2 tbsp vanilla protein powder
1 tbsp honey
1/4 tsp vanilla extract
Pinch of sea salt
Mini muffin liners (silicone or paper)

HOW TO MAKE IT

Melt the chocolate using a double boiler or microwave in 30-second intervals, stirring well between each round until smooth and glossy.

Line a mini muffin tray with silicone or paper liners. Spoon a thin layer of melted chocolate into the bottom of each liner and gently spread to coat the base.

Place the tray in the freezer for about 10 minutes, or until the chocolate layer firms up.

While the chocolate sets, mix together the peanut butter, vanilla protein powder, honey, vanilla extract, and sea salt in a small bowl until smooth and creamy.

Remove the tray from the freezer and spoon a small amount of the peanut butter filling over each chocolate base, gently flattening it with the back of a spoon.

Cover the peanut butter layer with the remaining melted chocolate until fully sealed.

Freeze for another 20 minutes, or until the peanut butter cups are completely firm and set.

Store in an airtight container in the refrigerator for up to 10 days, or freeze for up to 2 months for an easy grab-and-go treat.



Per Peanut Butter Cup (12 servings)

Calories: 160–165

Protein: 4g

Carbohydrates: 12g

Fat: 11–12g

Fiber: 1–2g

★ JODY TIP

Use silicone mini muffin molds for easy removal and a cleaner shape. Almond butter or sunflower seed butter work great as peanut butter alternatives. Adding a tiny flake of sea salt on top before the final chocolate layer sets is a game changer.



BANANA PROTEIN ICE CREAM

WHAT YOU NEED

- 2 ripe bananas, sliced & frozen overnight
- 1/2 cup plain Greek yogurt
- 1 scoop vanilla or chocolate protein powder
- 2 tbsp natural peanut butter
- 1/2 tsp vanilla extract
- Optional: 1 tbsp cocoa powder for chocolate version
- Optional toppings: crushed nuts, cacao nibs, fresh berries

HOW TO MAKE IT

Freeze the banana slices overnight or until completely solid for the best creamy texture.

Add the frozen bananas to a high-speed blender or food processor.

Add the Greek yogurt, protein powder, peanut butter, and vanilla extract.

Blend until the mixture becomes smooth, thick, and creamy, stopping occasionally to scrape down the sides if needed.

Taste and adjust as desired. For a chocolate version, blend in the cocoa powder until fully combined.

Enjoy immediately for a soft-serve style texture, or transfer to a freezer-safe container and freeze for 1–2 hours for a firmer, scoopable consistency.

Top with crushed nuts, cacao nibs, fresh berries, or your favorite toppings before serving.



Per Serving (2 servings)

Calories: 310

Protein: 20g

Carbohydrates: 29g

Fat: 12g

Fiber: 3–4g

★ JODY TIP

The riper and more spotted the bananas, the sweeter and creamier your ice cream. For a lower-sugar version, use just one banana and add more Greek yogurt. This freezes and refreezes well — let it sit out 5 minutes before scooping if frozen solid.

CINNAMON ROLL PROTEIN BALLS

WHAT YOU NEED

- 1 cup rolled oats
- 2 scoops vanilla protein powder
- 1/2 cup natural cashew or almond butter
- 3 tbsp honey or maple syrup
- 1.5 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 2–3 tbsp milk of choice
- Pinch of sea salt
- Optional: drizzle of white chocolate for topping

HOW TO MAKE IT

IN a large mixing bowl, combine the oats, protein powder, cinnamon, and a pinch of sea salt. Stir until evenly mixed.

Add the cashew butter, honey, and vanilla extract. Mix until the ingredients begin to form a thick dough-like consistency.

Add milk one tablespoon at a time, mixing between each addition, until the mixture holds together easily when pressed between your hands.

Taste the mixture and adjust the cinnamon or sweetness to your preference.

Roll the mixture into 12 evenly sized protein bites.

For an extra treat, drizzle melted white chocolate over the top of the bites.

Place the protein bites on a parchment-lined tray or plate and refrigerate for about 30 minutes to firm up.

Store in an airtight container in the refrigerator for up to 7 days, or freeze for up to 3 months for a quick grab-and-go snack.

Per Protein Bite (12 servings)

Calories: 135

Protein: 6–7g

Carbohydrates: 10g

Fat: 8g

Fiber: 1–2g



★ JODY TIP

Cashew butter gives these a naturally sweeter, creamier flavor that pairs perfectly with the cinnamon. Add 1/4 tsp of cardamom for an extra warm spice flavor. These are perfect pre-workout fuel — grab 2–3 about 30–45 minutes before training.

★ BONUS GUIDE ★

Protein Snack Timing Guide

Knowing when to eat your protein snacks is just as important as what you eat. Use this guide to time your snacks for maximum muscle support and energy.

☀ MORNING

7AM - 9AM

Start your day with protein within 30–60 minutes of waking. This kicks your metabolism into gear and prevents muscle breakdown that happens overnight during fasting.

Best Snack: Protein Cookie Dough Bites or Cinnamon Roll Protein Balls alongside your breakfast.

⚡ PRE-WORKOUT

30 - 60 min Before

Give your body fuel before training without feeling heavy. A moderate protein snack with some carbs from oats provides sustained energy through your entire workout session.

Best Snack: Cinnamon Roll Protein Balls or Peanut Butter Protein Cups (2–3 pieces).

🍷 POST-WORKOUT

Within 30 Min

The anabolic window matters more than most people realize. Getting protein into your body shortly after training helps support muscle repair, recovery, and growth. After a workout, your muscles are primed to absorb nutrients, making this one of the best times to prioritize high-quality protein.

Focus on quick-digesting protein sources that are easy for your body to absorb and use efficiently after exercise.

Best Post-Workout Snacks: Greek Yogurt Chocolate Mousse or Banana Protein Ice Cream, both are high in protein, easy to digest, and perfect for recovery after training.

🌙 EVENING

7 PM - 9 PM

A slow-digesting protein snack before bed supports overnight muscle repair without spiking blood sugar. Casein-based options and Greek yogurt are ideal evening choices for recovery.

Best Snack: Greek Yogurt Chocolate Mousse or Peanut Butter Protein Cups, satisfying without being heavy.

★ **The Golden Rule: Never go more than 3–4 hours without a protein source.** ★

Your Daily Protein Target At A Glance

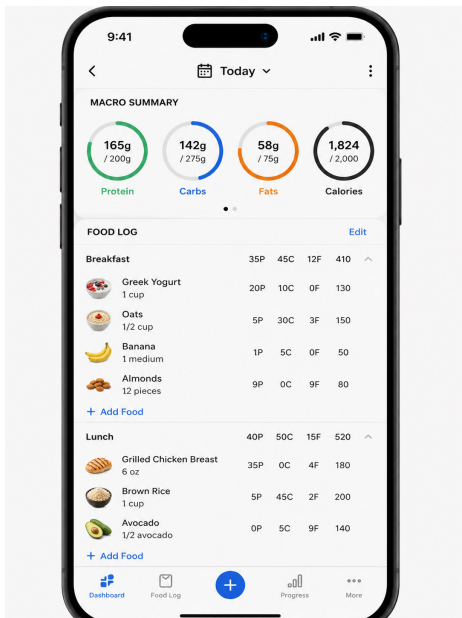
Use your body weight and activity level to find your daily protein target. These ranges are based on current sports nutrition research and NASM guidelines for adults over 40.

Body Weight	Sedentary	Lightly Active	Moderately Active	Very Active
120–140 lbs	65–75g	75–95g	95–115g	115–140g
140–160 lbs	75–90g	90–110g	110–130g	130–160g
160–180 lbs	88–100g	100–125g	125–150g	150–180g
180–200 lbs	100–115g	115–140g	140–170g	170–200g
200–220 lbs	110–125g	125–155g	155–185g	185–220g
220+ lbs	120–140g	140–170g	170–200g	200–240g

My body weight is _____ lbs. My daily protein target is approximately _____ grams.

The Simple Rule for People Over 40:

Aim for 0.7–1g of protein per pound of bodyweight if you are active and strength training. Split this across 3 meals and 2 snacks throughout the day. Use these 5 snack recipes to easily add 15–30g of protein between meals without extra effort or meal prep stress. Track for 2 weeks and you will likely see a noticeable difference in energy, recovery, and how you feel overall.



Want More Recipes Like These?

Grab The Full 30 Recipe Book

These 5 snacks are just the beginning. The full recipe book includes 30 high-protein recipes across breakfast, lunch, dinner, snacks, and desserts — all designed specifically for people over 40 who want to build lean muscle, boost energy, and feel great without obsessing over food.

READY TO TAKE THIS FURTHER?

★ The Complete High Protein Recipe Book ★

30 Recipes • Full Macro Breakdown • Weekly Meal Planning Guide

Contact Jody for access: nextlevel@beawesome2.com

Got Questions? I'd Love To Hear From You.

Whether you want coaching, help with your nutrition, or just want to say hello... reach out anytime.

nextlevel@beawesome2.com

Thank you for trusting me with your health journey. You're already doing the right thing by choosing food that works for your body. Keep going ... you've got this.

With love & protein,
Jody Gatchell