



HIGH PROTEIN SNACKS

FROM THE FRIDGE



Boiled egg

Serve: 1 egg
Protein: 6g
Carbs: <1g
Calories: 70



Chobani FIT/YoPro

Serve: 160g
Protein: 15g
Carbs: 7g
Calories: 90



Babybel cheese

Serve: 20g
Protein: 5g
Carbs: <1g
Calories: 60



Sunny Queen Protein Bites

Serve: 100g
Protein: 13g
Carbs: 3g
Calories: 170



YoPro Perform

Serve: 175g
Protein: 20g
Carbs: 7g
Calories: 120



Low fat cottage cheese

Serve: 100g
Protein: 12g
Carbs: 4g
Calories: 87



Full cream latte

Serve: sml (8oz)
Protein: 7g
Carbs: 10g
Calories: 120



Chobani low fat Greek yoghurt

Serve: 160g
Protein: 15g
Carbs: 6g
Calories: 90



Cheese & crackers pack

Serve: 50g
Protein: 10g
Carbs: 13g
Calories: 200



Up & Go Energize

Serve: 250ml
Protein: 18g
Carbs: 21g
Calories: 200



Wicked Sister Pudding

Serve: 170g
Protein: 16g
Carbs: 14g
Calories: 175



Hummus

Serve: 60g
Protein: 5g
Carbs: 8g
Calories: 160



OMG oat milk

Serve: 350ml
Protein: 20g
Carbs: 24g
Calories: 255



Pauls Protein Dairy Snack

Serve: 160g
Protein: 16g
Carbs: 13g
Calories: 130



Simply Delish high protein dips

Serve: 100g
Protein: 19g
Carbs: 9g
Calories: 125



Rokeby Smoothie

Serve: 425ml
Protein: 30g
Carbs: 18g
Calories: 250



Moo Pro yoghurt & granola

Serve: 170g
Protein: 16g
Carbs: 19g
Calories: 214



Obela Hi Protein Hommus to go

Serve: 125g
Protein: 13g
Carbs: 23g
Calories: 330



Shaved turkey

Serve: 40g
Protein: 6g
Carbs: 3g
Calories: 40



Moo Pro high protein yoghurt

Serve: 170g
Protein: 30g
Carbs: 9g
Calories: 180



Coles shredded chicken breast

Serve: 125g
Protein: 29g
Carbs: 2g
Calories: 150

FROM THE PANTRY



**Tuna,
springwater**
Serve: 95g
Protein: 16g
Carbs: <1g
Calories: 70



**Pryme beef
jerky**
Serve: 50g
Protein: 29g
Carbs: 5g
Calories: 170



**Carman's
Protein bar**
Serve: g
Protein: g
Carbs: g
Calories: 190



**Tinned
edamame**
Serve: 70g
Protein: 7g
Carbs: 3g
Calories: 80



**Roasted
edamame**
Serve: 25g
Protein: 11g
Carbs: 3g
Calories: 110



**Mayver's low
carb bar**
Serve: 32g
Protein: 11g
Carbs: 1g
Calories: 110



**John West
Protein+**
Serve: 170g
Protein: 21g
Carbs: 16g
Calories: 240



Roast chickpeas
Serve: 25g
Protein: 4g
Carbs: 12g
Calories: 105



BC bar
Serve: 40g
Protein: 11g
Carbs: 4g
Calories: 150



**Edgell Snack
Time beans**
Serve: 70g
Protein: 4g
Carbs: 4g
Calories: 85



Almonds
Serve: 30g
Protein: 6g
Carbs: 2g
Calories: 170



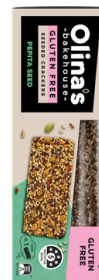
Atkins bar
Serve: 34g
Protein: 5g
Carbs: 2g
Calories: 125



**J. Crackleton
pork crackle**
Serve: 20g
Protein: 5g
Carbs: <1g
Calories: 120



Quest chips
Serve: 32g
Protein: 18g
Carbs: 4g
Calories: 145



**Olina's pepita
crackers**
Serve: 1 cracker
Protein: 4g
Carbs: <1g
Calories: 100



**Vital Proteins
collagen**
Serve: 10g
Protein: 9g
Carbs: 0g
Calories: 35



**Feel Good
collagen**
Serve: 15g
Protein: 14g
Carbs: 0g
Calories: 57



**Whey Protein
Concentrate**
Serve: 30g
Protein: 23g
Carbs: 2g
Calories: 120