

High Protein
Snack Ideas &
Meal Prep Basics

PROTEIN BASED SNACK IDEAS

Healthy Options



Edamame
1/2 cup shelled = 9 grams



Pumpkin Seeds
2 tbsp = 8 grams



Beef Jerky
1 oz = 9 grams
100% Grass-fed, no sugar



Protein Powder
1 scoop with water =
20 - 40 grams
Clean brands: Be Well By Kelly,
Truvani, Mind Body Green



Almonds
2 tbsp = 6 grams



Celery with Nut Butter
2 tbsp nut butter = 7 grams



Protein Balls
1 ball = 5 grams
[Sample Recipe](#)



Hard Boiled Egg
1 large egg = 6 grams



Greek Yogurt
1 cup = 25 grams
Organic, plain, grass-fed



Cottage Cheese
1 cup = 24 grams
Organic, grass-fed



Turkey Roll Up
1 cup = 11 grams
Organic
Clean brand: Applegate



Protein Bar
1 bar = 9 - 20 grams
Clean brands: RXbar,
GoMacro, Truvani, Paleo
Valley

BE PREPARED

Healthy Ideas

Life (and a Meal Plan) never really go hand in hand. You will have those times that making a recipe is just not going to work. It is in those moments, which will become the majority of the time honestly, that we need to rely on what we know is quality nutrition instead of ending up in a drive through, ordering carry out, or opening a bag of chips for dinner.

Meal Prep:

Meal prepping is not hard! But it does take just a little time and a bit of looking forward. I am not talking about having recipes for each meal, although that is what we are doing these four weeks! People believe that having someone give them a meal plan is the answer. Although helpful to possibly begin with, and helpful to feel better, it doesn't stick. Because life happens. And we need to be able to adjust on the fly to continue giving our aging (but awesome) bodies and brains what they needs.

What I am speaking of is simply having some protein cooked and available, some veggies prepped and available, and some fruit and whole grain options in your home.

What does this look like?

- Over the weekend you cook 1-2 lbs of ground turkey/lean ground beef.
- You roast sweet potatoes and some brussel sprouts (or more) with olive oil, salt and pepper and a little garlic.)
- You bake 2-3 chicken breasts that can be eaten on the go, put in salads or become a main meal.
- You have berries, flaxseed and some apple on hand.
- You have some broccoli at the ready.

Then in those moments there is nothing to eat, you are rushed, your day or evening went sideways, these things are there for you to choose rather than making a choice you KNOW will not serve you.