

# SNACK LIST

## 7 – 15 Gram Protein Snacks

	Amount of Protein
½ Cup of Non-Fat Cottage Cheese	13 Grams
1 Rice Cake with 1 Tsp of Peanut Butter	7 Grams
Mixed Berries with 1 serving of Mixed Nuts	7 Grams
1 Serving of Greek Yogurt	10 Grams
1 Piece of Low Fat Mozzarella String Cheese	7 Grams
3 – 4 Egg Whites	15 Grams
Fresh Deli Turkey Meat (2 oz.)	11 Grams
½ Can of Tuna	13 Grams
Low Sodium Beef Jerky	12 Grams
Herbalife's Protein Bar Deluxe	10 Grams
Herbalife's Beverage Mix	15 Grams
Herbalife's Creamy Chicken Soup Mix	16 Grams

## 20 Gram Protein Snacks

1 Herbalife Protein Bar Deluxe & Beverage Mix	25 Grams
¾ Cup of Non-Fat Cottage Cheese & Fruit	20 Grams
1 Full Can of Tuna and 1 Tbsp. of Mustard	20 Grams
1 Piece of String Cheese & 2 oz. Deli Turkey	20 Grams
1 Greek Yogurt & 1 serving of Almonds	20 Grams
5 Hard Boiled Egg Whites & 1 Yolk	20 Grams

Goal : Protein + Fruit or Veggie