

HIGH PROTEIN SNACKS



Protein is essential for our bodies. It is needed for growth, reproduction and healing as well as supporting a healthy immune system. Protein is a satiating agent which means it helps us keep full for longer when we consume it at our meals. Protein is made up of amino acids which are the building blocks to our bodies. There are nine essential amino acids that we must obtain from our diet that are crucial for overall health. There are many great food sources out there that contain complete proteins (which provide us with the 9 essential amino acids) such as meat, fish, eggs and poultry. Many plant sources are incomplete protein sources, but if you mix and match the right sources then you can make complete proteins.

The following are some high protein snacks that you can make at home or grab when on the go from the supermarket or convenience store.

Beef Jerky
Protein: 34g/100g



Tuna (in Springwater)
Protein: 26.2g/100g



Hard Boiled Egg
Protein: 11.8g/100g



Greek Yoghurt (Cyclops)
Protein: 13.9g/100g



Protein Shake (Mitchell's)
Protein: 27g/30g serve



Almonds (Natural)
Protein: 21.2g/100g



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Chicken Breast
Protein: 30.9g/100g



Trail Mix
Protein: 16g/100g



Protein Bar (Nuzest)
Protein: 13g/bar or 23g/100g



Protein Bar (Key Nutrition)
Protein: 19.2g/2 bars



Roasted Chickpeas
Protein: 10g/100g



Protein Pancakes (Key Nutrition)
Protein: 29.5g/2-3 pancakes



Peanut Butter Protein Balls (KN)
Protein: 8.9g/2 balls



Beef Rum Steak
Protein: 27g/100g



Tofu
Protein: 12g/100g

