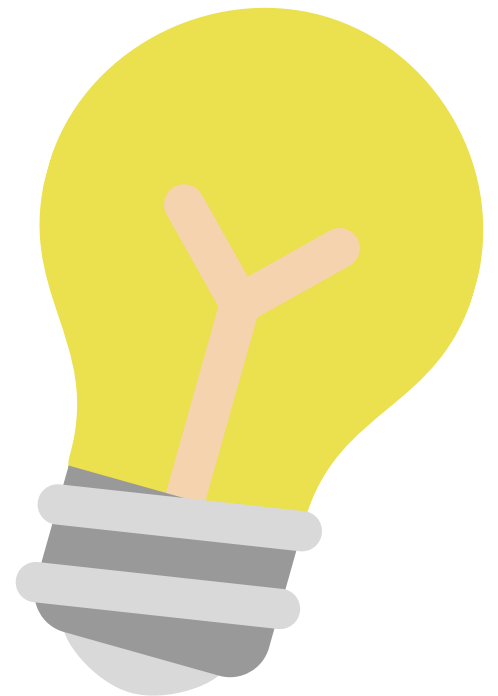
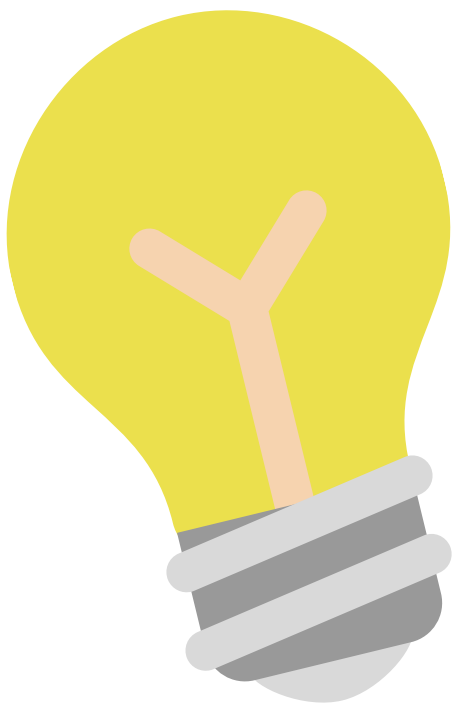


Snack Suggestions



Chippy Snacks, Shelf Stable

[Bada Bing Broad Beans](#) (100-110 cal, 6-7g pro, 3-6g fiber)

[Quest Protein Chips](#) (140 cal, 19g pro)

[IWON Protein Stix](#) (180 cal, 10g pro, 5g fiber)

[Roasted ChickPeas](#) (120-130 cal, 4-6g pro, 5-6g fiber)

[Flex Popcorners](#) (120 cal, 10g pro, 5g fiber)

[Jerky](#) (~80-100 cal, 9-11g pro)

[StarKist Tuna Pouches](#) (70-110 cal, 13-16g pro)

[Tuna Infusions](#) (110-130 cal, 20-22g pro)

Pancakes/Waffles/Muffins

[Flap Jacked Mighty Muffin](#) (220-240 cal, 20g pro, 5g fiber)

[Kodiak Cake Frozen Power Cakes & Waffles](#) (220-250 cal, 10-12g pro, 3-5g fiber)

[Birch Benders Frozen Protein Waffles](#) (180 cal, 11g pro)

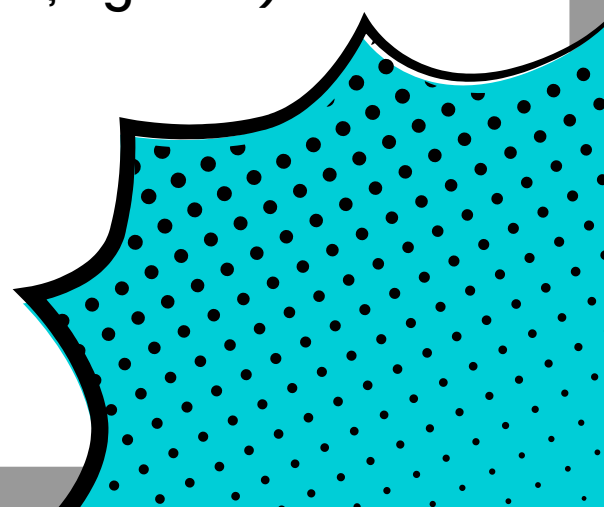
Granola/Cereals

[Nature Valley Protein Granola](#) (120 cal, 5g pro, 2g fiber)

[Kashi GoLean Cinnamon Crisp](#) (210 cal, 13g pro, 11g fiber)

[Premier Protein Cereal](#) (180 cal, 20g pro)

[Catalina Crunch Cereals](#) (110 cal, 11g pro, 9g fiber)



Pre-made Shakes & Bars, Drinks

[Fairlife Protein Shake](#) (150 cal, 30g pro)

[Core Power Protein Shake](#) (170-230 cal, 26-42g pro)

[Pure Protein Protein Shake](#) (140, 30g pro, 4g fiber)

[Quest Protein Shake](#) (160 cal, 30g pro)

[Slate Chocolate Milk](#) (110 cal, 20g pro)

[Bone Broth](#) (40-45 cal, 10g pro)

[Built Bars](#) (130-180 cal, 17-19g pro)

[Quest Bars](#) (180-200 cal, 20-22g pro)

Meat/Cheese/Fridge Snacks

[Sargento Light Mozzarella String Cheese](#) (45 cal, 5g pro per stick)

[Kite Hill Almond Milk Greek Style Yogurt](#) (120 cal, 17g pro per container)

Greek Yogurt (80 cal, 16g pro per 5.3 oz)

Cottage cheese (110 cal, 13g pro per 4 oz)

Hard boiled eggs (80 cal, 6g pro per egg)

Smoked salmon (33 cal, 5g pro per oz)

Shrimp cocktail (40 cal, 7g pro per oz)

Deli Meat (32 cal, 4g pro per oz)

Edamame (190 cal, 18g pro, 8g fiber per cup shelled)

