

# Snack Ideas

Protein: 15-20 g	Protein: 20-25 g	Carbohydrates: 15-30 g	Carbohydrates: 45-60 g
<ul style="list-style-type: none"> <li>• 2 c milk (cow's, soy)*</li> <li>• ¾ -1 c Greek yogurt*</li> <li>• ¾ c cottage cheese</li> <li>• 2 string cheeses</li> <li>• 1 c firm tofu</li> <li>• 2-3 cooked eggs</li> <li>• 2-3 oz deli meat</li> <li>• 1 ½ c Kefir*</li> <li>• 1 ½ oz jerky</li> <li>• 2-3 oz fish</li> <li>• ½ c nuts or seeds*</li> <li>• ½ - ¾ c edamame</li> <li>• 4 Tbsp nut butter*</li> <li>• 1 c beans*</li> </ul>	<ul style="list-style-type: none"> <li>• 3 c milk (cow's, soy)*</li> <li>• 1 ½ c Greek yogurt*</li> <li>• 1½ c cottage cheese</li> <li>• 3 string cheeses</li> <li>• 1 ¼ c firm tofu</li> <li>• 3-4 cooked eggs</li> <li>• 3-4 oz deli meat</li> <li>• 2-2 ¼ c Kefir*</li> <li>• 2-2 ½ oz jerky</li> <li>• ¾ -1 c nuts or seeds *</li> <li>• 1 c edamame</li> <li>• 1-1½ c beans or lentils*</li> <li>• 1 scoop whey protein</li> </ul>	<ul style="list-style-type: none"> <li>• 1 piece or cup fresh fruit</li> <li>• ¼ - ½ c dried fruit</li> <li>• 1 c fruit juice</li> <li>• 1 c chocolate milk</li> <li>• ½ c oatmeal</li> <li>• 1-2 slices sandwich bread</li> <li>• ½ bagel</li> <li>• 1 english muffin</li> <li>• 1 granola or cereal bar</li> <li>• 2 x 6" tortillas or wraps</li> <li>• ½ - ¾ c rice or farro</li> <li>• ½ -1 c quinoa, beans, lentils*</li> <li>• ¾ c cooked pasta</li> <li>• 4 Tbsp nut butter*</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 piece or cups fresh fruit</li> <li>• ¾ - 1 c dried fruit</li> <li>• 2 c fruit juice</li> <li>• 2 c chocolate milk*</li> <li>• 1-1 ½ c oatmeal</li> <li>• 3-4 slices sandwich bread</li> <li>• 1 bagel</li> <li>• 2 english muffins</li> <li>• 4 fig bar cookies</li> <li>• 2 x 8" tortilla or wrap</li> <li>• 1-1½ c rice or farro</li> <li>• 1½ -2 c quinoa, beans, lentils*</li> <li>• 1 ½ c pasta</li> </ul>

Pair a protein + carb option together!

**Lighter snack** = protein option from 15-20g column and carb option from 15-30g column

**Heavier snack** = protein option from 20-25g column and carb option from 45-60g column