

10 HIGH-PROTEIN (& GLUTEN-FREE) SNACKS FOR BUSY WORKDAYS

Snack smart, stay sharp. Easy to prep, easy to eat, and satisfying between meals.

- **Turkey or chicken roll-ups**

Wrap around avocado, hummus, or pickles for a no-carb, high-protein bite.

- **Hard-boiled eggs + salt & pepper packet**

- **Jerky sticks (beef, turkey, or salmon)**

Chomps or Epic.

- **Greek yogurt (plain or vanilla) + a handful of almonds**

Protein + healthy fats = energy!

- **Tuna or salmon pouch + GF crackers or cucumber slices**

No can opener needed.

- **Mini egg muffins**

Made with eggs, veggies, and cheese or turkey sausage.

- **Protein bites**

Homemade or store-bought blends of nut butter, seeds, oats, and collagen or protein powder.

- **Hummus + veggie sticks or plantain chips**

Add a sprinkle of hemp seeds for bonus protein.

- **Mini Caprese stacks**

Cherry tomatoes, mozzarella or goat cheese, fresh basil, and a drizzle of balsamic.

- **Cottage cheese + toppings**

Try "everything bagel", peaches, or berries. Packs protein.



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2 QUICK & EASY RECIPES TO KEEP YOUR ENERGY STEADY

Banana-Chocolate Protein Bites

Ingredients:

- ½ cup protein powder
- ½ cup peanut butter or almond butter
- 1 cup mashed ripe banana
- Optional: ½ tsp vanilla, ½ tbsp date syrup
- Optional: ½ cup chopped almonds or walnuts

Instructions:

1. Preheat oven to 350°F.
2. Blend all ingredients in a high-speed blender until well combined.
3. Spoon into cupcake liners in a cupcake baking sheet.
4. Bake for 15-20 minutes until lightly golden on top.
5. Let cool and store in fridge up to 5 days.

Simple Homemade Hummus

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- ¼ cup tahini
- 2 tbsp olive oil
- 1 clove garlic
- Juice of 1 lemon
- 2-4 tbsp water (for texture)
- ½ tsp salt
- Optional: pinch of cumin or smoked paprika

Instructions:

1. Add all ingredients to a food processor or blender.
2. Blend until smooth and creamy, scraping down the sides.
3. Adjust seasoning to taste and add water to thin, if needed.
4. Store in the fridge and enjoy with veggies, crackers, or as a spread.