







# Example 'Healthy High Protein' Snacks

## DAY 1

### Snack

hard boiled eggs	2 serving	142 cal
chocolate chip cookie dough protein bar by quest b	1 bar	190 cal
cashews (raw)	2 tablespoon(s)	80 cal
whey protein powder	1 Scoop	113 cal
rice cake, unsalted	3 cake	105 cal
smooth peanut butter, no added salt	2 Tbsp	188 cal
celery and carrot sticks	1 Cup(s) (240 ml)	32 cal
canned tuna fish in water, very low sodium	1 pouch	70 cal
 high protein fudge bars (men)	1 serving	279 cal
 homemade protein bars	1 serving	247 cal
 protein pancakes	1 serving	50 cal
 skinny veggie and fruit smoothie	1 serving	229 cal
 celery and peanut butter	1 serving	230 cal
 apple & peanut butter	1 serving	204 cal

**MEAL TOTAL: Calories** 2,159 cal / **Carbs** 171 g (31%) / **Protein** 187 g (34%) / **Fat** 88 g (35%) / **Fluid** 509 g

### NOTES:

**DAY 1 TOTAL: Calories** 2,159 cal / **Carbs** 171 g (31%) / **Protein** 187 g (34%) / **Fat** 88 g (35%) / **Fluid** 509 g

4 Servings



# high protein fudge bars (men)

## Ingredients

raw protein by organic whey	25 Tbsp
oats	40 gm
peanut butter	3 Tbsp
dairy free original calcium milk by koko	200 mL
cacao powder raw chocolate powder certified organic by navitas	3 Tbsp

## Nutrition Totals

**Calories** 1116 / **Carbs** 71 g / **Protein** 119 g / **Fat** 39 g / **Fluid** 3 g

## Instructions

1. Please note that the amount of protein you will need for this will vary based on your brand. You will need a total protein value of 100g to make 4 of these balls. This normally equates to 4 scoops if your powder comes with a scoop, based on an average protein content per serving of 25g.
2. Mix together the protein powder, oats, peanut butter, cacao powder and milk. Add the milk last, do it slowly and mix well to acquire the correct consistency. Protein powders are of different textures and too much milk could make them too runny. If they are still too dry after the 200ml then add water slowly to reach desired consistency.
3. Form into 4 bars and place in the fridge for 30 minutes to set. Store in a tupperware box in the fridge.

# Nutrition Label

<b>High Protein Fudge Bars (Men)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>279</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9.6g	<b>15%</b>
Saturated Fat 3.9g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 103.9mg	<b>4%</b>
<b>Total Carbohydrates</b> 17.6g	<b>6%</b>
Dietary Fiber 3.8g	<b>15%</b>
Total Sugar 4g	
<b>Protein</b> 29.7g	
<b>Vitamin D</b> 30IU	<b>5%</b>
<b>Calcium</b> 277.8mg	<b>28%</b>
<b>Iron</b> 1.4mg	<b>8%</b>
<b>Potassium</b> 300.6mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



10 Servings

# homemade protein bars

## Ingredients

whey protein powder	8 Scoop
oats quick cooking rolled oats by bob's red mill	1 Cup(s) (240 ml)
100% natural peanut butter creamy by adams	1/3 Cup(s) (80 ml)
dry cocoa powder, unsweetened	1/3 Cup(s) (80 ml)
honey	3 Tbsp
vanilla almond milk, unsweetened	1/2 Cup(s) (120 ml)

## Nutrition Totals

**Calories** 2473 / **Carbs** 138 g / **Protein** 221 g / **Fat** 97 g / **Fluid** 20 g

## Instructions

- Mix oatmeal, protein, cocoa, peanut butter, milk, honey
- Roll mixture into 10 bars

Optionally:

- Crush peanuts
  - Roll bars into peanuts
  - Store in the fridge (they store well in the freezer as well)
- Enjoy as a snack or meal replacement

# Nutrition Label

<b>Homemade Protein Bars</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>247</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9.7g	<b>15%</b>
Saturated Fat 1.8g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 4mg	<b>1%</b>
<b>Sodium</b> 104.6mg	<b>4%</b>
<b>Total Carbohydrates</b> 13.8g	<b>5%</b>
Dietary Fiber 3.3g	<b>13%</b>
Total Sugar 5.8g	
<b>Protein</b> 22g	
<b>Vitamin D</b> 4.9IU	<b>1%</b>
<b>Calcium</b> 148.2mg	<b>15%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 176.6mg	

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12 Servings

# protein pancakes

## Ingredients

natural creamy vanilla isa lean shake by isagenix	2 scoops
egg (whole)	1 egg
oatmeal oatmeal old fashioned oats by quaker oats	1/4 Cup(s) (60 ml)
vanilla almond milk, unsweetened	1/4 Cup(s) (60 ml)
100% liquid egg whites by great value	12 Tbsp
medium maple syrup by kirkland signature	2 Tbsp

## Nutrition Totals

**Calories** 595 / **Carbs** 71 g / **Protein** 51 g / **Fat** 12 g / **Fluid** 0 g

## Instructions

Mix all ingredients together. Add a hint of sea salt and vanilla to taste. Batter will be thin. Pour 1/4C of batter into hot skillet. Cook for a 1-2min each side.  
They will look like french crepes.

# Nutrition Label

<b>Protein Pancakes</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>50</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	1g	<b>2%</b>
Saturated Fat	0.1g	<b>1%</b>
Trans Fat	0g	
<b>Cholesterol</b>	2.4mg	<b>1%</b>
<b>Sodium</b>	38.1mg	<b>2%</b>
<b>Total Carbohydrates</b>	5.9g	<b>2%</b>
Dietary Fiber	0.5g	<b>2%</b>
Total Sugar	3.4g	
<b>Protein</b>	4.2g	
<b>Vitamin D</b>	28.7IU	<b>5%</b>
<b>Calcium</b>	45mg	<b>5%</b>
<b>Iron</b>	0.2mg	<b>1%</b>
<b>Potassium</b>	45.7mg	

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1 Servings



# skinny veggie and fruit smoothie

## Ingredients

banana	1/2 medium
blueberries	1/4 Cup(s) (60 ml)
strawberries	1/2 Cup(s) (120 ml)
original almond milk, unsweetened	150 mL
whey protein powder	1 Scoop

## Nutrition Totals

**Calories** 229 / **Carbs** 27 g / **Protein** 28 g / **Fat** 3 g / **Fluid** 145 g

## Instructions

Blend in blender with ice. Enjoy!



# Nutrition Label

<b>Skinny Veggie And Fruit Smoothie</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>229</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	2.6g	<b>4%</b>
Saturated Fat	0.3g	<b>2%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5.1mg	<b>2%</b>
<b>Sodium</b>	164.1mg	<b>7%</b>
<b>Total Carbohydrates</b>	26.8g	<b>9%</b>
Dietary Fiber	5.5g	<b>22%</b>
Total Sugar	14.5g	
<b>Protein</b>	28g	
<b>Vitamin D</b>	62.5IU	<b>10%</b>
<b>Calcium</b>	448.6mg	<b>45%</b>
<b>Iron</b>	1.3mg	<b>8%</b>
<b>Potassium</b>	621.6mg	

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1 Servings

# celery and peanut butter

## Ingredients

organic creamy peanut butter trader joe's	2 tablespoons (30 ml)
celery	3 large stalk

## Nutrition Totals

**Calories** 230 / **Carbs** 13 g / **Protein** 9 g / **Fat** 15 g / **Fluid** 178 g

## Instructions

# Nutrition Label

<b>Celery And Peanut Butter</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 15.3g	<b>24%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 148.8mg	<b>6%</b>
<b>Total Carbohydrates</b> 12.5g	<b>4%</b>
Dietary Fiber 2.9g	<b>12%</b>
Total Sugar 3.4g	
<b>Protein</b> 9.2g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 74.4mg	<b>7%</b>
<b>Iron</b> 0.3mg	<b>2%</b>
<b>Potassium</b> 483.6mg	

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1 Servings

# apple & peanut butter

## Ingredients

apple	1 large
chunky peanut butter, no added salt	1 Tbsp

## Nutrition Totals

**Calories** 204 / **Carbs** 33 g / **Protein** 4 g / **Fat** 8 g / **Fluid** 182 g

## Instructions

Use good quality peanut butter.

# Nutrition Label

<b>Apple &amp; Peanut Butter</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>204</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8.3g	<b>13%</b>
Saturated Fat 1.2g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 4.8mg	<b>0%</b>
<b>Total Carbohydrates</b> 32.7g	<b>11%</b>
Dietary Fiber 6.3g	<b>25%</b>
Total Sugar 23.3g	
<b>Protein</b> 4.4g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 19.9mg	<b>2%</b>
<b>Iron</b> 0.5mg	<b>3%</b>
<b>Potassium</b> 346mg	

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# Shopping List

## Accompaniments

dry cocoa powder, unsweetened	0.03 Cup(s) (7 ml)
honey	0.3 Tbsp

## Cereal & Grain Products

oatmeal oatmeal old fashioned oats by quaker oats	0.02 Cup(s) (4 ml)
oats	10 gm

## Dairy & Egg

egg	0.08 egg
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## Finfish & Shellfish

canned tuna fish in water, very low sodium	1 pouch
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## Fruits & Juices

apple	1 large
banana	0.5 medium
blueberries	0.25 Cup(s) (60 ml)
strawberries	0.5 Cup(s) (120 ml)

## Nuts & Seeds

cashews	2 tablespoon(s)
chunky peanut butter, no added salt	1 Tbsp
smooth peanut butter, no added salt	2 Tbsp

## Snacks

rice cake, unsalted	3 cake
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## Sports & Diet Nutritionals

whey protein powder	2.8 Scoop
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## Uncategorized

100% liquid egg whites by great value	1 Tbsp
100% natural peanut butter creamy by adams	0.03 Cup(s) (7 ml)
cacao powder raw chocolate powder certified organic by navitas	0.75 Tbsp
celery and carrot sticks	1 Cup(s) (240 ml)
chocolate chip cookie dough protein bar by quest bar	1 bar
dairy free original calcium milk by koko	50 mL
hard boiled eggs	2 serving
medium maple syrup by kirkland signature	0.17 Tbsp
natural creamy vanilla isa lean shake by isagenix	0.17 scoops
oats quick cooking rolled oats by bob's red mill	0.1 Cup(s) (24 ml)
organic creamy peanut butter trader joe's	2 tablespoons (30 ml)
original almond milk, unsweetened	150 mL
peanut butter	0.75 Tbsp
raw protein by organic whey	6.25 Tbsp
vanilla almond milk, unsweetened	0.07 Cup(s) (16 ml)











## Vegetables

celery	3 large stalk
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# Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

## Basic Guidelines

				
<b>Golf Ball</b> 1/4 cup / 1 oz / 2 tbsp	<b>Tennis Ball</b> 1 cup	<b>Computer Mouse</b> 1/2 cup	<b>Baseball</b> 1 cup	<b>Rounded Handful</b> 1/2 cup 1 oz dried goods
				
<b>Hockey Puck</b> 3 oz muffin or biscuit	<b>Matchbox</b> 1 oz serving of meat	<b>Deck of Cards</b> 3 oz of chicken, meat, or fish	<b>This Paperback Book</b> 8 oz serving of meat	<b>Thumb</b> 1 tsp
				
<b>Poker Chip</b> 1 tbsp	<b>Shot Glass</b> 1 oz / 2 tbsp	<b>CD</b> 1 slice of bread 1 oz lunch meat	<b>3 Dice</b> 1 1/2 oz cheese	<b>Kids' Milk Carton</b> 8 oz drink

## Useful Examples

		
<b>Bread &amp; Grains</b> 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	<b>Fruits &amp; Vegetables</b> 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	<b>Meats, Fish &amp; Nuts</b> 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
		
<b>Dairy &amp; Cheese</b> 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	<b>Fats &amp; Oils</b> 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	<b>Sweets &amp; Treats</b> 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox