



High Protein Snacks

Greek Yogurt (plain, non-fat)	1 cup (240g)	Protein: 20g, Calories: 100, Carbs: 9g, Fat: 0g, Fiber: 0g
Cottage Cheese (low-fat)	1/2 cup (120g)	Protein: 14g, Calories: 90, Carbs: 6g, Fat: 2g, Fiber: 0g
Edamame (steamed)	1/2 cup (80g)	Protein: 11g, Calories: 120, Carbs: 9g, Fat: 5g, Fiber: 4g
Hard-boiled eggs	2 large (100g)	Protein: 12g, Calories: 155, Carbs: 1g, Fat: 11g, Fiber: 0g
Turkey slices (lean)	3 oz (85g)	Protein: 18g, Calories: 120, Carbs: 0g, Fat: 2g, Fiber: 0g
Tuna (canned in water)	1 can (165g)	Protein: 42g, Calories: 150, Carbs: 0g, Fat: 1g, Fiber: 0g
Beef jerky (low sodium)	1 oz (28g)	Protein: 10g, Calories: 70, Carbs: 3g, Fat: 2g, Fiber: 0g
Protein bars (low-sugar, high-protein)	1 bar (50g)	Protein: 20g, Calories: 200, Carbs: 15g, Fat: 7g, Fiber: 5g
Tofu (firm)	1/4 block (80g)	Protein: 10g, Calories: 70, Carbs: 2g, Fat: 4g, Fiber: 1g



Low Calorie Snacks

Celery with light cream cheese	1 cup (100g)	Protein: 1g, Calories: 40, Carbs: 8g, Fat: 2g, Fiber: 2g
Cucumber slices with lemon and pepper	1 cup (100g)	Protein: 1g, Calories: 16, Carbs: 4g, Fat: 0g, Fiber: 1g
Air-popped popcorn (no butter)	3 cups (24g)	Protein: 3g, Calories: 90, Carbs: 18g, Fat: 1g, Fiber: 4g
Pickles (low sodium)	2 large (120g)	Protein: 1g, Calories: 10, Carbs: 2g, Fat: 0g, Fiber: 1g
Jello (sugar-free)	1 serving (1/2 cup)	Protein: 1g, Calories: 10, Carbs: 3g, Fat: 0g, Fiber: 0g
Zucchini chips (baked)	1/2 cup (80g)	Protein: 1g, Calories: 35, Carbs: 8g, Fat: 0g, Fiber: 2g
Sugar snap peas	1/2 cup (60g)	Protein: 2g, Calories: 30, Carbs: 6g, Fat: 0g, Fiber: 2g
Cherry tomatoes	1/2 cup (75g)	Protein: 1g, Calories: 15, Carbs: 3g, Fat: 0g, Fiber: 1g



Low Carb Snacks

Avocado on cucumber slices	1/2 avocado (75g)	Protein: 2g, Calories: 120, Carbs: 6g, Fat: 10g, Fiber: 5g
Almonds (unsweetened)	10 almonds (15g)	Protein: 3g, Calories: 85, Carbs: 3g, Fat: 7g, Fiber: 2g
Cheese (string, low-fat)	1 piece (24g)	Protein: 6g, Calories: 60, Carbs: 1g, Fat: 3g, Fiber: 0g
Chicken breast slices (grilled)	3 oz (85g)	Protein: 26g, Calories: 140, Carbs: 0g, Fat: 3g, Fiber: 0g
Olives	8 olives (40g)	Protein: 0g, Calories: 40, Carbs: 2g, Fat: 4g, Fiber: 1g
Zucchini with hummus	1 medium zucchini (200g)	Protein: 3g, Calories: 80, Carbs: 8g, Fat: 5g, Fiber: 2g



High Fiber Snacks

Chia seed pudding (unsweetened almond milk)	1/2 cup (120g)	Protein: 3g, Calories: 150, Carbs: 15g, Fat: 9g, Fiber: 5g
Apple slices with almond butter	1 medium apple (182g)	Protein: 2g, Calories: 200, Carbs: 30g, Fat: 9g, Fiber: 4g
Avocado on whole grain toast	1/2 avocado + 1 slice	Protein: 4g, Calories: 180, Carbs: 20g, Fat: 12g, Fiber: 7g
Mixed berries (raspberries, blackberries)	1 cup (140g)	Protein: 2g, Calories: 60, Carbs: 15g, Fat: 1g, Fiber: 8g
Roasted chickpeas	1/4 cup (30g)	Protein: 5g, Calories: 130, Carbs: 22g, Fat: 3g, Fiber: 5g
Oatmeal with flaxseeds	1/2 cup (120g)	Protein: 6g, Calories: 150, Carbs: 24g, Fat: 5g, Fiber: 6g
Carrot sticks with guacamole	1/2 cup carrots (60g)	Protein: 1g, Calories: 70, Carbs: 13g, Fat: 6g, Fiber: 4g
Whole wheat pita with hummus	1/2 pita + 2 tbsp hummus	Protein: 5g, Calories: 160, Carbs: 28g, Fat: 5g, Fiber: 6g



Low Fat Snacks

Air-popped popcorn	3 cups (24g)	Protein: 3g, Calories: 90, Carbs: 18g, Fat: 1g, Fiber: 4g
Lightly salted edamame	1/2 cup (80g)	Protein: 11g, Calories: 120, Carbs: 9g, Fat: 5g, Fiber: 4g
Jicama sticks with lime	1/2 cup (80g)	Protein: 1g, Calories: 35, Carbs: 8g, Fat: 0g, Fiber: 4g
Cucumber salad with vinegar	1 cup (150g)	Protein: 1g, Calories: 20, Carbs: 5g, Fat: 0g, Fiber: 1g
Rice cakes (plain)	2 cakes (18g)	Protein: 1g, Calories: 70, Carbs: 14g, Fat: 0g, Fiber: 0g
Baked apple with cinnamon	1 medium apple (182g)	Protein: 1g, Calories: 100, Carbs: 26g, Fat: 0g, Fiber: 5g



Snacks that Combine High Protein, Low Calorie, Low Carb, High Fibre, and Low Fat

Grilled chicken breast with cucumber slices	3 oz (85g) + 1/2 cup	Protein: 28g, Calories: 150, Carbs: 4g, Fat: 3g, Fiber: 1g
Cottage cheese with chia seeds	1/2 cup cottage cheese (120g) + 1 tbsp chia seeds	Protein: 19g, Calories: 160, Carbs: 12g, Fat: 7g, Fiber: 5g
Tuna salad (light mayo, mustard)	1 can (165g) + 1 tbsp mayo	Protein: 40g, Calories: 200, Carbs: 3g, Fat: 7g, Fiber: 0g
Shrimp cocktail (no sugar-added cocktail sauce)	6 shrimp (100g)	Protein: 24g, Calories: 120, Carbs: 4g, Fat: 1g, Fiber: 0g
Protein shake (low-carb protein powder, almond milk)	1 scoop protein powder + 1 cup almond milk	Protein: 20g, Calories: 120, Carbs: 2g, Fat: 4g, Fiber: 2g