



High Protein Cheat Sheet

100 High Protein Snack Ideas
to Help You Lose Fat and Gain
Muscle



PEACE
OF
FITNESS

@ondreafitspo

100 High Protein Snack Ideas to Help You Lose Fat and Gain Muscle

Fat-free Greek yogurt with strawberries
Grilled chicken breast strips
Cottage cheese with pineapple chunks
Turkey and vegetable lettuce wraps
Egg white omelet with spinach and tomatoes
Tuna salad on whole grain crackers
Low-fat mozzarella cheese sticks
Edamame with sea salt
Shrimp cocktail
Fat-free chocolate milk
Baked chicken breast strips
Low-fat turkey jerky
Protein smoothie with low fat milk and berries
Baked tilapia fillets
Fat-free cottage cheese with mixed berries
Low-fat string cheese
Turkey and cucumber roll-ups
Low-fat yogurt parfait with granola and berries
Grilled shrimp skewers
Chicken and vegetable skewers
Fat-free refried beans with salsa
Egg white and vegetable stir-fry
Seared tuna steaks
Low-fat turkey and cheese roll-ups
Low-fat chocolate protein bar
Low-fat turkey chili with beans
Low-fat tuna and black bean salad
Baked chicken wings
Low-fat feta cheese with cherry tomatoes
Protein pancakes with low-fat syrup

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Low-fat yogurt with chia seeds and strawberries

Baked cod fillets

Low-fat turkey and avocado lettuce wraps

Low-fat shrimp and vegetable spring rolls

Fat-free cottage cheese with mandarin oranges

Low-fat chicken quesadilla with whole wheat tortilla

Low-fat buffalo chicken lettuce wraps

Low-fat teriyaki tofu bites

Low-fat guacamole with veggie sticks

Fat-free Greek yogurt with almonds and honey

Low-fat turkey and hummus wrap

Low-fat chicken and black bean lettuce wraps

Low-fat Greek yogurt with walnuts and berries

Low-fat turkey and cheese sliders

Baked falafel with low-fat tahini sauce

Low-fat canned tuna with olive tapenade

Low-fat egg muffins with spinach and feta

Sliced low-fat roast beef

Low-fat pumpkin protein balls

Low-fat salmon avocado sushi rolls

Fat-free protein coffee (coffee with protein powder)

Low-fat grilled chicken Caesar salad

Low-fat roasted pistachios

Low-fat turkey and cheese kabobs

Low-fat protein waffles with berries

Low-fat edamame hummus with carrot sticks

Low-fat egg white and vegetable frittata

Low-fat tuna-stuffed bell peppers

Low-fat grilled chicken and quinoa stuffed bell peppers

Low-fat cottage cheese with sliced kiwi

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Low-fat jerk turkey bites

Smoked trout on whole grain crackers

Low-fat protein-rich avocado toast with poached eggs

Spicy roasted chickpeas

Low-fat baked buffalo chicken wings

Low-fat egg salad lettuce wraps

Low-fat turkey and black bean chili

Low-fat protein crepes with cottage cheese and berries

Low-fat grilled shrimp and pineapple skewers

Low-fat chicken and vegetable kebabs

Tofu and broccoli low-fat stir-fry

Low-fat turkey and hummus cucumber bites

Low-fat protein-packed avocado smoothie

Low-fat turkey and cranberry lettuce wraps

Fat-free Greek yogurt with blueberries

Low-fat grilled chicken skewers with tzatziki sauce

Low-fat turkey and avocado salad

Low-fat shrimp ceviche

Low-fat egg white and vegetable omelet

Low-fat turkey and spinach pinwheels

Low-fat grilled chicken and vegetable wraps

Low-fat smoked salmon on cucumber slices

Low-fat egg salad on whole grain toast

Low-fat tuna and chickpea salad

Low-fat chicken and vegetable stir-fry

Low-fat turkey and guacamole lettuce wraps

Low-fat turkey and cheese pinwheels

Low-fat turkey and vegetable kabobs

Low-fat protein muffins with almond flour

Low-fat pumpkin seed clusters

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Low-fat pumpkin seed clusters

Low-fat salmon lettuce wraps

Low-fat protein smoothie bowl with granola

Low-fat chicken and black bean quesadilla

Low-fat turkey and cream cheese roll-ups

Low-fat cottage cheese with sliced peaches

Grilled chicken and vegetable salad

Shrimp and avocado lettuce wraps

Low-fat tuna-stuffed cherry tomatoes

Low-fat protein energy bites

Low-fat smoked turkey slices