



7 RECIPES • ZERO COOKING SKILLS REQUIRED

# NO PREP HIGH PROTEIN SNACKS

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Quick, high-protein snacks you can throw together in minutes — no recipes to master, no time wasted.

# Never be at a loss for a quick snack.

These are made in minutes and are great for a last-minute snack or to throw in your lunch bag to keep you going through a long day at work.

Seven simple recipes. Try them all, keep what you like, forget what you don't. The goal here is to increase your protein intake without spending all your time cooking. My clients love these — some more than others — and have integrated them into their daily meals. I'd love to know which recipe you enjoy the most!

Each recipe below links to a quick video demo. Enjoy!!!

Committed to your fitness success,

**Ryan**

# The Recipes

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Every recipe links to a short video demo — just tap the "Watch Video" button on each page.

# High Protein Chilli Dip

**35**  
G  
PROTEIN

## INGREDIENTS

- $\frac{3}{4}$  cup Greek yogurt
- $\frac{1}{2}$  can Stag's chilli (or a meat-only brand if you can)
- 1 bag Quest protein chips — ranch or nacho cheese (Walmart/Shoppers)

## METHOD

Mix the Greek yogurt with the chilli in a bowl. Dip the chips, or crush them up and sprinkle on top, and eat with a spoon.

▶ WATCH VIDEO DEMO

# The Easiest Tastiest Yogurt Snack

**32–34**G  
PROTEIN

## INGREDIENTS

- 1.5 cups Greek yogurt (Ryan uses Siggi's)
- ½ pack Crystal Light drink crystals

## METHOD

Mix thoroughly and enjoy.

[▶ WATCH VIDEO DEMO](#)

# Salsa Lovers Cottage Cheese

**30**  
G  
PROTEIN

## INGREDIENTS

- 1 cup fat-free cottage cheese
- ¼ cup salsa (or more to taste)

## METHOD

Mix ingredients together in a bowl and enjoy.

▶ WATCH VIDEO DEMO

REQUIRES WEEKEND PREP

# Quick and Easy High Protein Salad

**30-50**  
G  
PROTEIN

## INGREDIENTS

- 2 big handfuls leafy greens
- 5-8 oz lean meat, pre-cooked and cut up
- Pre-chopped veggies
- Olive oil + balsamic vinegar (or favorite dressing), or chipotle mayo

## METHOD

Throw all ingredients into a bowl and drizzle with olive oil and balsamic vinegar or your favorite dressing. Or squeeze some chipotle mayo over the top.

[▶ WATCH VIDEO DEMO](#)

WITHOUT MEAT

# Ryan's High Daily Frittata

**32**  
G  
PROTEIN

## INGREDIENTS

- 2 large eggs
- $\frac{3}{4}$  cup egg whites
- Greens + chopped veggies
- Pre-chopped ham or ground beef (optional)
- Cheese (optional)

## METHOD

Mix everything in a bowl. Pour into a frying pan and cook it up to your liking.

[▶ WATCH VIDEO DEMO](#)



NO PROTEIN POWDER

# High Protein Smoothie

**32**  
G  
PROTEIN

## INGREDIENTS

- 1 cup frozen mixed berries
- ½ cup Siggis plain skyr
- A big handful of spinach
- ⅔ cup egg whites
- ¾ cup milk
- 1-2 tsp maple syrup, if you want it sweeter (optional)

## METHOD

Add everything to a blender and blend until smooth.

[▶ WATCH VIDEO DEMO](#)

# Ryan's Tasty Parfait

24  
G  
PROTEIN

## INGREDIENTS

- 230g (about 1 round cup) Siggi's natural yogurt
- 2 tsp nuts or seeds
- ½ cup wild blueberries
- ¼ cup rolled oats
- 1-2 tbsp maple syrup

## METHOD

Mix all ingredients in a bowl and enjoy.

▶ WATCH VIDEO DEMO

THAT'S ALL SEVEN

# Keep It Simple. Stay Consistent.

Don't let nutrition overwhelm you. Keep it simple, stay consistent, and in time results will come.

Committed to your fitness success,

**Ryan**

P S

If you enjoy these recipes, I have full recipe guides including meal plans, grocery lists, and calorie breakdowns.

[VIEW FULL GUIDES](#)

