



## No Prep High Protein Snacks

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Never be at a loss for a quick high-protein 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 recipes more than others) and have integrated them into their daily meals. I'd love to know which recipe you enjoy the most!

Click the links for a video demo of each recipe.

Enjoy!!!

[High Protein Chilli Dip](#) -  $\frac{3}{4}$  Cup greek yogurt +  $\frac{1}{2}$  Can Staggs' chilli (or a meat only brand if you can) + 1 bag of Quest protein chips (ranch or nacho cheese flavor. Found at Walmart/Shoppers) - Mix greek yogurt with the chilli in a bowl. Dip the chips OR crush them up and sprinkle on top and eat with a spoon. **(35g Protein)**

[The Easiest Tastiest Yogurt Snack](#) - 1.5 Cup Greek Yogurt (I use Siigi's),  $\frac{1}{2}$  pack of Crystal Light drink crystals. Mix thoroughly and enjoy. **(32g-34g Protein)**

[Salsa Lovers Cottage Cheese](#) - 1 Cup fat free cottage cheese +  $\frac{1}{4}$  cup (or more to taste) Salsa - Mix ingredients together in a bowl and enjoy **(30g Protein)**

[Quick and Easy High Protein Salad](#) - This one requires some weekend prep but if you have some meat cooked and cut up do this → 2 big handfuls of leafy greens, 5-8 oz lean meat, pre-chopped veggies → throw all ingredients into a bowl, drizzle with olive oil and balsamic vinegar or your favorite salad dressing. Or squeeze some chipotle mayo over the top. **(30g-50g protein)**



[Ryan's High Daily Frittata](#) - In a bowl mix 2 large eggs,  $\frac{2}{3}$  cup of egg whites, greens, chopped veggies and if you have it, some pre-chopped ham or ground beef. Put into a frying pan and cook it up to your liking. Add some cheese if you like it. **(32g protein without meat)**

[High Protein Smoothie \(No protein powder\)](#) - In a blender add 1 cup of frozen mixed berries,  $\frac{1}{2}$  cup Siggis plain skyr, a big handful of spinach,  $\frac{2}{3}$  cup of egg whites and  $\frac{3}{4}$  cup of milk. Blend until smooth. \*\*You can add 1-2 tsp of maple syrup for added sweetness if required. **(32g protein)**

[Ryan's Tasty Parfait](#) - 230g (~1 round cup) Sigi's natural yogurt + 2Tsp nuts or seeds +  $\frac{1}{3}$  cup wild blueberries +  $\frac{1}{4}$  cup rolled oats + 1-2 Tbsp maple syrup - Mix all ingredients in a bowl and enjoy. **(24g Protein)**

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

Committed to your fitness success,  
Ryan