



SNACK ATTACK

HIGH PROTEIN SNACKS **TOOLKIT**

Inside this nutrition toolkit, you will find quick, delicious information on how to snack to help keep your energy up and *feel fuller for longer!*





HIGH PROTEIN *Super Snacks* TO POWER YOU THROUGH YOUR BUSY DAY

Protein helps us to feel fuller for longer so here are some great snack ideas to help keep you **energised and focused all day**

FIRST THINGS FIRST - SOME **IMPORTANT** PROTEIN FACTS

1

Our body doesn't store protein so we need to eat some protein in every meal or snack

2

All neurotransmitters in the brain are made from protein. So if you don't eat protein you don't think!

3

All proteins are made up of amino acids. There are essential and non essential AA's and we need a mixture of them all

4

Protein can be an important source of energy to fuel a long run, cycle ride or a hike.



ON THE GO

EGGS

THE SUPER *snack*

Eggs are a great portable snack and a superb source of instant protein as a large egg can provide up to 10 grams of protein. Boil one every morning, keep it in its shell and crack it open at 3pm every day (wherever you are!) for a mid afternoon super, energy snack.

Eggs contain almost every nutrient that your body needs. They're particularly high in B vitamins and also contain a healthy fat called choline for the brain.

On The Go Snacks

...AND ANOTHER THING!

Turkey roll-ups can be delicious and nutritious high protein snack. Pop some cheese and sliced peppers inside for extra protein and vitamins C & E and they're essentially a sandwich without the bread!

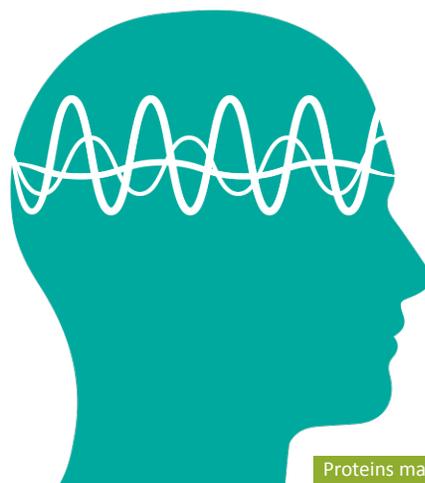
NO-BAKE PROTEIN ENERGY BALLS

Energy balls are a delicious, high protein snack made by combining a variety of ingredients, such as nut butter, oats, and seeds, and then rolling them into balls (see recipe on page 4).

Beef or chicken Jerky is meat that has been trimmed of fat, cut into strips, and dried. It makes an excellent and convenient snack. It's very high in protein containing an impressive 9 grams per ounce (28 grams)

KEY MESSAGE

- Look for snacks that are 100 calories or less then you can have one mid morning and also mid afternoon
- Sugar swap; choose low GI (glycaemic index) fruits instead of biscuits as these help to keep your blood sugar levels stable
- Examples of low GI fruits include blueberries, strawberries, cherries, dried apricots



Proteins make great brain foods!

SUPER ENERGY SNACKS

THESE *Snacks* SCORE AN **A+** FOR **NUTRITION**

Mix and match some healthy protein snacks to multiply the nutrition content, for example Greek yoghurt with walnuts and grated apple (delicious!). Celery sticks with almond butter and raisins, hummus with veggie sticks, sardines or tuna on crackers or oat cakes, or cottage cheese with pine nuts and bread sticks.

Edamame beans make a great high protein finger snack for mid-afternoon munchies. They are naturally gluten free and low in calories, contain no cholesterol, and they are an excellent source of protein, iron, and calcium. Edamame beans are soybeans and you can buy them in or out of the pod in many supermarkets.

Note: Do NOT eat edamame beans raw they must be cooked thoroughly before consumed.

10 High Protein Snacks

QUICK & EASY SHOPPING LIST

1. Eggs
2. Turkey or ham to roll
3. Energy protein balls
4. Beef Jerky
5. Greek yoghurt, walnuts, grated apple
6. Celery, almond butter, raisins
7. Hummus, veggie sticks
8. Sardines, crackers
9. Cottage cheese, pine nuts
10. Edamame Beans

HEALTHY RECIPE APRICOT & DATES PROTEIN BALLS

INGREDIENTS

- 100g bag of mixed nuts
- 50g pitted dates
- 75g dried apricots
- 1 tbsp. peanut butter
- 1 tbsp. coconut oil
- 20ml coconut water
- 10g of Chocolate Whey Protein (optional)
- 50g desiccated coconut for the outer coating

METHOD

1. Whizz the nuts in a food processor until they become a fine powder, then empty into a large bowl.
2. Place the dates and the apricots in the blender with 10ml of the coconut water and whizz until smooth.
3. Add the dates, apricots and remaining coconut water to the powdered mixed nuts and mix together.
4. Add the coconut oil and the peanut butter and mix well until all the ingredients are evenly distributed.
5. Add the chocolate whey protein powder and mix together (adding more coconut water if necessary).
7. Roll into individual ball shapes and dip in coconut or nuts for the outer coating, then refrigerate.

