

### High Protein Snacks

- ◆ 1 boiled egg = 7g
- ◆ soy milk 1 cup = 6g
- ◆ spirulina 1 tsp. = 8g (add to juice or water)
- ◆ almonds  $\frac{1}{4}$  cup = 8g
- ◆ almond butter 2 Tbsp. = 8g
- ◆ whole beans  $\frac{1}{2}$  cup = 7g
- ◆ hummus 2 Tbsp. = 9.6g
- ◆ meats (cold water fish or organically raised poultry) 1 oz = 7g
- ◆ miso 2 Tbsp. = 4g
- ◆ low fat yogurt 1 cup = 8-14 g
- ◆ firm tofu  $\frac{1}{2}$  cup = 20g
- ◆ cottage cheese  $\frac{1}{2}$  cup = 12g
- ◆ quinoa  $\frac{1}{2}$  cup = 11g (make as a pilaf, hot breakfast cereal or as a cold salad with raisins, green onions, lemon, olive oil, salt)