Plate Balance: High Protein Snacks

Incorporating high-protein snacks into your daily routine is essential for maintaining energy levels, supporting muscle repair, and regulating appetite throughout the day. The ideal snack is a protein paired with fruits, vegetables, or high-fiber carbohydrates to offer balanced nutrition that helps sustain your body's needs between meals.

Greek Yogurt & Berries

Ingredients:
1 cup plain Greek yogurt
1/2 cup mixed berries

Turkey & Avocado Roll-ups

Ingredients:
2 slices turkey breast
1/4 avocado, sliced

Cottage Cheese & Pineapple

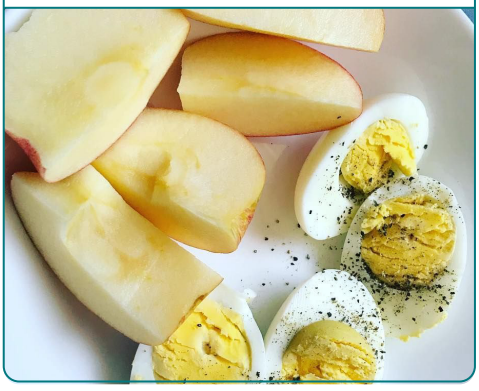
Ingredients:
1 cup low-fat cottage cheese
1/2 cup chopped pineapple

Peanut Butter Celery Sticks

Ingredients:
2 tablespoons peanut butter
3 celery sticks

Hard-Boiled Egg & Apple Slices

Ingredients:
2 hard-boiled eggs
1 apple, sliced



Cheddar Cheese & Whole Wheat Crackers

Ingredients:
1 oz cheddar cheese
1 oz whole wheat crackers