



56 HIGH  
PROTEIN  
SNACK IDEAS  
YOU CAN MAKE AT HOME

# HIGH PROTEIN SNACKS

High-protein snacks? Oh, they're not just a trend—they're the secret weapon you didn't know you needed. Here's why I'm obsessed with them:

## **They're like little repair ninjas for your body.**

Protein is the superstar that keeps your body in check. From muscles to skin to organs, our body is constantly building and repairing what life throws at us. Snagging a high-protein snack can help support all that behind-the-scenes magic. Who doesn't want snacks that work as hard as they do?

## **They make you feel full without feeling blah.**

Ever grab a snack and feel hungry again five minutes later? Not with these bad boys. Protein keeps you satisfied, so you're less likely to raid the pantry for the third time (been there, done that). Plus, fewer snack attacks on junk food = a step toward feeling your best.



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**Snack time with a purpose?** Yes, please! High-protein snacks aren't just convenient—they're game-changers for your health. Here's how they pull their weight (and then some):

## **They give your muscles a reason to flex.**

Protein isn't just about looking strong—it's about being strong. High-protein snacks help your muscles grow, repair, and stay functional, so you can keep up with life (and maybe even crush a few new goals while you're at it).

## **They fire up your metabolism.**

Fun fact: your body works harder to digest protein than it does carbs or fat. That means a protein-packed snack gives your metabolism a little boost while keeping things running smoothly. Double win!

## **They help keep energy crashes at bay.**

Ever feel like a zombie by mid-afternoon? Protein to the rescue! High-protein snacks can help stabilize your blood sugar, so you're not riding that hangry rollercoaster.

So, if you're looking for snacks that love your body back, protein's the way to go. And because I've got you covered, here are 56 super high-protein snacks you can whip up at home!



# HIGH PROTEIN SNACKS

## **Protein Smoothie:**

Blend protein powder, frozen fruit, and Greek yogurt for a refreshing and protein-packed snack.

## **Deviled Eggs:**

Mix hard-boiled egg yolks with Greek yogurt, mustard, and herbs for a delicious and high protein snack.

## **Roasted Turkey Breast:**

Slice roasted turkey breast and pair with veggies for a protein-rich snack.

## **Cottage Cheese and Tomato:**

Top cottage cheese with sliced tomatoes and herbs for a refreshing and protein-packed snack.

## **Cheese and Crackers:**

Pair cheese with whole-grain crackers for a protein and fibre-rich snack.



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## **Roasted Pumpkin Seeds:**

Toss pumpkin seeds with olive oil and spices, then roast for a crunchy and protein-rich snack.

## **Protein Pudding:**

Mix protein powder with Greek yogurt, almond milk, and cocoa powder for a protein-rich and satisfying snack.

## **Smoked Salmon and Cucumber:**

Top cucumber slices with smoked salmon for a high protein and omega-3 rich snack.

## **Quinoa and Veggie Stuffed Peppers:**

Stuff roasted bell peppers with quinoa, veggies, and cheese for a protein-packed and vegetarian snack.

## **Apple and Cheese:**

Pair apple slices with cheese for a protein and fiber-rich snack.

## **Chickpea Salad:**

Mix canned chickpeas with veggies, herbs, and dressing for a protein-rich and vegetarian snack.



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## **Shrimp Cocktail:**

Serve boiled shrimp with cocktail sauce for a protein-rich and low-calorie snack.

## **Greek Yogurt Bark:**

Mix Greek yogurt, honey, and fruit, then freeze for a protein-rich and refreshing snack.

## **Protein Muffins:**

Bake muffins with protein powder, oats, and fruit for a filling and protein-rich snack.

## **Chicken Salad Lettuce Wraps:**

Mix cooked chicken with avocado, veggies, and herbs, then wrap in lettuce leaves for a protein-packed snack.

## **Chocolate Covered Almonds:**

Dip almonds in melted dark chocolate for a protein and antioxidant-rich snack.

## **Beef or Turkey Meatballs:**

Bake or grill meatballs and serve with veggies for a protein-rich snack.



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## **Spinach and Cheese Stuffed Mushrooms:**

Stuff mushrooms with spinach, cheese, and herbs for a protein-rich and vegetarian snack.

## **Turkey Bacon Wrapped Asparagus:**

Wrap asparagus spears with turkey bacon and bake for a protein-packed and low-calorie snack.

## **Roasted Red Pepper Hummus:**

Blend roasted red peppers with chickpeas and spices for a protein-rich dip for veggies or crackers.

## **Salmon and Avocado Toast:**

Top sourdough toast with smoked salmon and sliced avocado for a protein-rich and omega-3 rich snack.

## **Spicy Roasted Almonds:**

Toss almonds with hot sauce and spices, then roast for a protein-rich and spicy snack.



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## **Greek Yogurt Tzatziki:**

Mix Greek yogurt with cucumber, herbs, and lemon juice for a protein-rich dip for veggies or pita chips.

## **Lentil Salad:**

Mix cooked lentils with veggies, herbs, and dressing for a protein-rich and vegetarian snack.

## **Buffalo Chicken Dip:**

Mix shredded chicken with hot sauce and Greek yogurt for a protein-rich dip for veggies or crackers.

## **Protein Pancakes:**

Mix protein powder with eggs and banana, then cook for a filling and protein-rich snack.

## **Tuna Salad:**

Mix canned tuna or grilled tuna steaks with avocado, veggies, and herbs for a protein-packed and healthy snack.





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## **Greek Yogurt Parfait:**

Layer Greek yogurt, berries, nuts, and honey for a delicious and protein-packed snack.

## **Hard-Boiled Eggs:**

Boil a batch of eggs at the beginning of the week for an easy protein snack on the go.

## **Homemade Trail Mix:**

Combine nuts, seeds, and dried fruit for a filling and protein-rich snack.

## **Cottage Cheese and Fruit:**

Mix cottage cheese with fresh fruit for a sweet and savoury high protein snack.

## **Roasted Chickpeas:**

Toss chickpeas with olive oil and spices, then roast for a crunchy and satisfying snack.

## **Turkey Roll-Ups:**

Wrap sliced turkey around veggies or cheese for a protein-packed snack.



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## **Peanut Butter and Apple Slices:**

Spread peanut butter on apple slices for a protein-rich and satisfying snack.

## **Hummus and Veggies:**

Dip sliced veggies into homemade or store-bought hummus for a protein-packed snack.

## **Roasted Edamame:**

Toss edamame with olive oil and spices, then roast for a crunchy and protein-rich snack.

## **Beef Jerky:**

Choose a low-sodium and minimally processed beef jerky for a high protein snack.

## **Protein Balls:**

Mix nut butter, oats, and protein powder for a satisfying and protein-rich snack.

## **Greek Yogurt Dip:**

Mix Greek yogurt with herbs and spices for a protein-packed dip for veggies or crackers.



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## **Quinoa Salad:**

Cook quinoa and mix with veggies, herbs, and dressing for a protein-packed snack.

## **Salmon Salad:**

Mix canned salmon or salmon fillets with avocado, cucumber, and lemon juice for a protein-packed and omega-3 rich snack.

## **Homemade Protein Bars:**

Mix nut butter, oats, protein powder, and honey for a homemade protein bar.

## **Sardines on Crackers:**

Top crackers with canned sardines for a high protein and omega-3 rich snack.

## **Avocado Toast with Egg:**

Spread avocado on sourdough toast and top with a fried or boiled egg for a protein-packed snack.

## **Roasted Nuts:**

Toss mixed nuts with olive oil and spices, then roast for a protein-rich and crunchy snack.



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## **Grilled Chicken Skewers:**

Grill chicken skewers with veggies for a protein-packed and satisfying snack.

## **Peanut Butter and Banana Smoothie:**

Blend banana, peanut butter, Greek yogurt, and almond milk for a protein-packed smoothie.

## **Baked Parmesan Zucchini Fries:**

Cut zucchini into fries, coat with egg and parmesan, then bake for a protein-rich snack.

## **Chocolate Peanut Butter Protein Bars:**

Mix protein powder, peanut butter, honey, and oats for a delicious and protein-rich snack bar.

## **Chia Seed Pudding:**

Chia seeds are a great source of plant-based protein and can be mixed with milk, sweetener, and fruit to make a delicious and filling snack.

## **Smoked Salmon and Cream Cheese on Cucumber Slices:**

Top cucumber slices with smoked salmon and cream cheese for a protein-rich and refreshing snack.



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## **Chocolate Avocado Pudding:**

Mix avocado, cocoa powder, milk, and protein powder for a protein-rich and chocolatey snack.

## **Ants on a Log:**

Spread peanut butter on celery sticks and top with raisins for a protein-rich and fun snack.

## **Tuna Melt:**

Top whole grain toast with tuna salad and cheese, then broil for a protein-rich and delicious snack.

## **Edamame Hummus:**

Blend edamame, Greek yogurt, garlic, and lemon juice for a protein-packed and flavourful dip.

## **Baked Chicken Tenders:**

Dip chicken tenders in egg, then roll them in crushed pork rinds and spices, then bake for a protein-packed and flavorful snack.



# THANK YOU

We hope that this has been a valuable resource for you and your family.

Enjoy the ideas!

xoxo,  
The  
Howey Team



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