



## **Raw Nuts and Dry Fruits:**

These are delicious high protein diet foods. Almost all kinds of nuts are high in protein, and the best part is that they are easy to carry around and eat without the hassle of preparing anything. It can be tempting to eat too many nuts, so the easiest way is to mix three tablespoons of nuts with one tablespoon of dried fruits. For example, a combination of almonds, walnuts, cashews with dried blueberries is an ideal high protein snack.

## **Tuna Salad:**

The all time favorite high protein recipe is a tuna salad. It is easy to make and also very tasty. But make sure that the mayonnaise content in the salad is low so that you aren't adding too many calories. If you are very hungry, you can also use the tuna salad in a wrap, for it to be filling. To cut down on the calories, try using a wheat based low-carb wrap.

## **Veggies and Dip:**

This is a classic snack that is always included in high protein diet for women. It provides you with a lot of nutrition and energy. For the veggies, you can use leafy green vegetables, peppers, broccoli, eggplant, zucchini, green beans, asparagus, celery or cucumber. But when it comes to the dips make sure you choose a dip that does not contain a lot of calories.

## **Quinoa:**

Quinoa is a pseudo-cereal found in South America. It is one of the most complete sources of protein found in plant form. It has a delicious, nutty flavor when roasted slightly before cooking.

## **Beef Jerky:**

A great high protein snack for men and women is beef jerky as one ounce of beef jerky contains 11 grams of protein. However, when choosing one, make sure that the brand does not contain too much salt.

## **Low Fat Yogurt:**

Yogurt is rich in nutrients, like proteins and vitamins. These make great high protein snacks. There are a lot of flavors available which means that you will always have a lot of choice. They can be eaten as they are, or mixed with fruits.

## **Egg:**

For years, eggs have been getting a bad rap for their cholesterol content. But now, even the American Heart Association has come around and acknowledged that the benefits of eggs might outweigh the cholesterol risks when eaten in moderation (less than six whole eggs per week). After all, one large egg contains 6 grams of protein and only 70 calories. If you're concerned about cholesterol, many egg substitutes on the market offer lower-cholesterol alternatives that still pack a protein punch.

## **Protein Bars:**

These can be a very quick snack and are full of protein. The only downside is that you have to keep in mind the carbohydrate and fats that are also present in them. Choose a bar high in protein low in carbs and fat.

## Shakes:

As with protein bars, many commercial protein shakes and powders can be high in carbohydrates. Choose a protein shake with 20 grams of protein or more, low in fat and carbs per scoop.

## Roasted soy nuts:

Almonds, peanuts, and cashews are great. But let's face it: You can get burned out on the same nut mix. Try roasted soy nuts for a complete protein snack; for a little extra heat, try the wasabi-flavored ones. Each 1/4 cup provides 6 g of protein and 120 calories.

## Turkey:

When you're going for lean protein, nothing beats low-calorie turkey —3 ounces of turkey provides a whopping 25 grams of protein for only 140 calories. Deli slices might be the fastest form of turkey to grab for a snack, but they can be high in sodium. Skip the excess sodium by roasting a small bird for dinner and using the leftover slices as nutritious snacks.

## Cottage Cheese:

Diet staple cottage cheese is an excellent protein source, with a half-cup of low-fat cottage cheese providing 14 grams of protein for only 81 calories. Paired with fruit or plain, it makes a terrific snack when you want to stay full between meals or can even be a satisfying meal all on its own.

## Lentils:

As vegans and vegetarians know, lentils pack a powerful punch of protein, fiber, and minerals while containing comparatively few calories and almost no fat. A cup of cooked lentils offers 22 grams of protein, about 300 calories, and less than 1 gram of fat. Lentils are also relatively quick to prepare for a meal or snack, and because they soak up the flavors of whatever they're cooked with, they can make a tasty base for many dishes.

## Nut-Butter:

Chances are, you loved peanut butter as a kid, but you may have shied away from this traditional treat as an adult because of concerns about fat. Well, it's time to head back to the jar for healthy snacking —with moderation, of course. Peanut, almond, cashew and other nut butters are high-protein foods, with about two tablespoons providing 7 grams of protein. And though nut butter does contain fat and saturated fat, it can be part of a healthy diet when eaten in small amounts. Just remember not to slather it on crackers —instead, spread it on carrot or celery sticks for healthy snacking.

## Hummus:

Hummus is a high-protein snack made from blended chickpeas, olive oil, cumin, garlic and tahini, a paste made from ground sesame seeds. This snack is low in carbohydrates, so it is appropriate for a diabetic diet. Add ground cayenne pepper, spinach or crushed red pepper to hummus to enhance flavor without adding calories or fats. Enjoy this dip with fresh cut vegetables such as celery, carrots, radishes, bell pepper slices or steamed artichoke hearts. You can also use whole-wheat pita slices to add dietary fiber. A 1-cup serving of chickpeas offers about 11.88g of protein. A 6-inch pita provides an additional 6.27g of protein