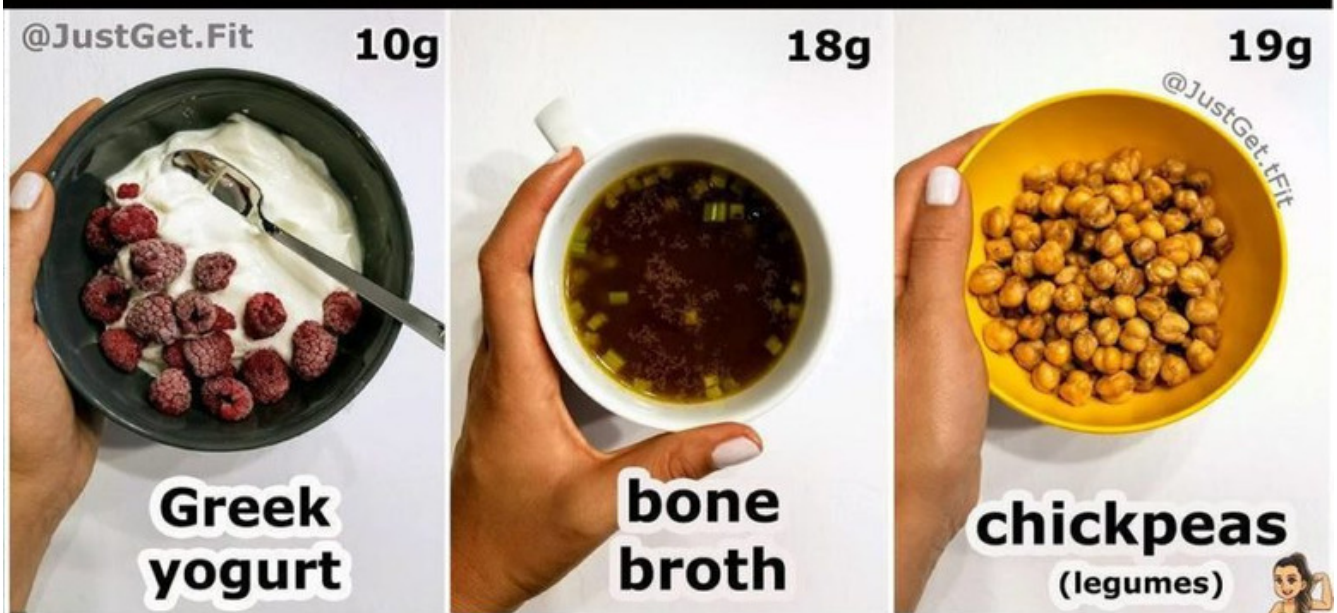


HIGH PROTEIN SNACK IDEAS



HIGH PROTEIN SNACKS



- Cottage cheese with fruit
- Edamame with sea salt
- Hard boiled egg whites
- Jerky
- meat bars



- whey protein
- caesin protein
- protein bars
- yogurt and 1/2 serving protein powder mixed together

My favourite brands (in my unsponsored opinion) for these include: Epic meat bars, Detour protein bars, Women's Best protein bars, Cliff protein bars. Protein powders: Women's Best and Optimum Nutrition. Bone broth mix from Vital Proteins.

Protein plays an important role in the bodies; we need it to make hormones, antibodies and enzymes. Protein also helps with growth, repair, weight management, satiety and good immune function.