

# HEALTHFUL TIPS

## High Protein Snacks



Our recent Facebook promotion asked Barix Clinics post-surgical patients to tell us their favorite high-protein snack. Here are their responses. You're sure to find a new idea or two.

Turkey pepperoni, cottage cheese, or CLICK protein shake

Body by Vi shake

I like the whey protein shakes that you add your own fruits for flavor

onion/ham/cream cheese wheels

I love the shakes too, but one in particular tastes really great — oj, vanilla whey, pineapple and a little juice, ice cubes and cottage cheese. It has 37 grams of protein and tastes just like those potluck gelatin salads.

Supreme protein bars

Quinoa pudding or Body by Vi smoothie

Cottage cheese with peaches

I like cottage cheese with sunflower seeds...half cup cottage cheese and 1/4 cup seeds = 20 grams delish protein!

I usually enjoy a protein shake even 10 years out!

My favorite snack is hard boiled egg with cantaloupe or the chocolate peanut butter protein shake

Greek yogurt with fruit or a smoothie

I like a protein shake or bar on the go, or cheese and grapes from Wawa

Turkey pepperoni on a baking stone topped with mozzarella cheese: bake @ 350 until crisp....or shredded cheddar on parchment paper on baking stone: bake until crisp. When these are cool, I put

low-sugar PB on them...yummy. They are crisp like cheese crackers!

For a favorite healthy snack I would choose a smoothie made with low-fat yogurt, one-half cup of real fruit juice, and one-half cup of fresh fruit, combined with ice cubes. Perhaps adding protein powder for an extra boost.

Matrix 5.0 chocolate. Best stuff out there!

Matrix chocolate — I love it.

Whey protein, no sugar added, with fresh strawberries and fiber Splenda

Homemade Greek yogurt made with any whey protein and some fresh fruit! (partial to blackberries and apple slices myself)

Low-fat skim cottage cheese mixed with some fresh berries! Sooo yummy!

My favorite is Mona Vie RVL vanilla shake with almond milk and frozen banana and strawberries...the choc is great, too

Mine is a green drink! I use "power greens," fruit, yogurt, almond milk and protein powder...awesomeness!

Whey protein vanilla shake with frozen fruit of choice and beef jerky on the side.

My favorite high-protein snack is the Chobani fat-free plain Greek yogurt. I mix in fresh fruit, use it as a sub for sour cream on baked potatoes and in any of my smoothies. 23 grams per 8oz serving. LOVE IT!!

My favorite high-protein snack is Matrix, milk, ice, blender and my trusty Barix Plastic Mug to have my favorite smoothies. Oh and don't forget the fresh seasonal fruit.

I love boiled chicken shredded up with some cottage cheese and bean sprouts!

My favorite high-protein snack is very simple to make. I partially defrost some frozen cherries or strawberries and mix with a cup of Greek yogurt with a dash of Splenda or Equal

Smoothie Kings Gladiator

After ten years out—Advocare Snack Bars

Cottage cheese, hard boiled egg, tomatoes, & berries

Small shrimp cooked in a drip of olive oil and minced garlic, or one cluster of king crab legs

Cottage cheese with pureed peaches

2 scoops of Vanilla Matrix, ice, unsweetened almond milk, banana, strawberries and a squirt of sugar-free chocolate syrup—blend — so good!

Buffalo Jerky :) nom! nom! nom!

Ostrim Teriyaki Sticks! The best EVER!

Cottage cheese mixed with yogurt

Whey protein shakes with fruit and low-fat, low-sugar muscle milk chocolate flavor

Peanut butter with apple slices

0% Greek yogurt with a tad of sugar-free gelatin powder thrown in—yum!

Sweet & Spicy Turkey Jerky:)

I take cottage cheese, sugar-free Cool Whip, sliced strawberries and sugar-free gelatin — (just the mix) and stir it all together! So good and a great snack/dessert!!

Sugar-free butterscotch pudding made with high-protein powder, 2% milk and peanut butter. Top with Cool Whip. Makes 6 – 6.4 oz. servings

String cheese

Healthwise protein chips, especially pizza and salt and vinegar flavors...hits the crunchy/salty spot!

Egg whites—whenever I get hungry and I need tons of protein—I eat egg whites. Throw in cooked ground chicken with onions & garlic and it is yummy and full of protein!