

No-prep Protein Snack Ideas

<i>meat and eggs</i>	<i>dairy/ non-dairy</i>
Turkey or beef jerky - Chomps, Nick's Sticks, Epic, Krave	Greek yogurt cups - Oikos, Fage, Two Good, Chobani
Tuna pouches	Drinkable yogurt - Oikos, Chobani
Salmon pouches	Cottage cheese cup
Chicken packets	String Cheese or cheese sticks
Pre-peeled hard-boiled eggs	Fairlife or Core Power drink
Egg bites - Starbucks, Costco	Nurri drink - Costco
Deli lunch meat	OWYN drink - plant based

<i>plant based</i>	<i>nuts and seeds</i>
Roasted chickpeas (Biona, Hippeas)	Almond snack pack
Edamame snack packs	Cashew snack pack
Lupini beans (Brami)	Pistachio snack pack
Roasted broad beans (Bada Bean)	Pumpkin seed snack pack
Hummus cups with veggies (Sabra)	Sunflower seed snack pack