

HEALTHY SNACKING

- **PLEASE REMEMBER THE CALORIE AND PROTEIN TARGET FOR SNACKS WILL DEPEND ON WHAT YOUR COACH HAS SUGGESTED**
- **HERE ARE SOME SUGGESTIONS THAT GENERALLY FIT INTO THE 10-15G PROTEIN MARGIN SO ADJUST ACCORDINGLY IF NEEDED**

HERBALIFE SNACKS-

- **HIGH PROTEIN ICED COFFEE (ADD PDM FOR EXTRA PROTEIN)**
- **ROASTED SOYA BEANS,**
- **PROTEIN BARS (LEMON, VANILLA & ALMOND, CHOC & PEANUT)**
- **24 ACHIEVE BARS (DARK CHOC BROWNIE / CHOC CHIP COOKIE DOUGH)**
- **EXPRESS BARS**
- **TOMATO OR MUSHROOM SOUP**
- **HERBALIFE PANCAKES / WAFFLES**
- **2 SCOOPS PDM WITH WATER HOT OR COLD**
- **PROTEIN CHIPS (CRISPS)**

NONE HERBALIFE SNACKS -

MAX 200 CALORIES, MINIMUM 10G PROTEIN PER SNACK IS RECOMMENDED

- **125G 0% FAT GREEK YOGHURT, BERRIES AND SMALL HANDFUL OF ALMONDS**
- **2 RICE CAKES, COTTAGE CHEESE AND LEMON/PAPRIKA**
- **2 BOILED EGGS AND PAPRIKA**
- **2 RYVITAS, HALF TIN OF TUNA MIXED WITH YOGURT AND SEASONING**
- **2 RICE CAKES, 1 TEASPOON PEANUT BUTTER AND STRAWBERRIES**
- **25G UNSALTED NUTS AND PIECE OF FRUIT**
- **LIGHTLY SALTED EDAMAME BEANS**
- **HUMMUS AND VEGGIE STICKS**
- **MINI SALAD WITH CHICKEN/FISH/BEANS**
- **2 BABYBEL AND SMALL PIECE OF FRUIT**
- **EGG MUFFINS**
- **ROASTED CHICK PEAS**
- **TURKEY ROLL UPS WITH TOMATO OR CUCUMBER**
- **CHIA SEED PUDDING, SOAK IN SOYA MILK AND PDM**
- **APPLE AND 1 TEASPOON PEANUT BUTTER**
- **PTO FOR MORE SNACK IDEAS**



HEALTHY SNACKING

**MAX 200 CALORIES, MINIMUM 10G PROTEIN
PER SNACK IS RECOMMENDED**

- **HOMEMADE PROTEIN BALLS**
- **HOMEMADE PROTEIN COOKIES**
- **100G CHICKEN, CHOPPED CUCUMBER ON BABY GEM LETTUCE WITH 1 TSP SWEET CHILLI (35G PROTEIN)**
- **100G GREEK YOGURT, 1 X SCOOP PDM WITH 1 X SCOOP WARMED BERRIES (12G PROTEIN)**
- **2 MEDIUM BOILED EGGS, 1 X TBSP GREEK YOGURT, MIX WITH HERBS, SMOKED PAPRIKA, SLICED CUCUMBER, ON 2 X CORN THINS/ OR WRAPPED IN BABY GEM LETTUCE LEAVES (16G PROTEIN)**
- **100G ALDI THE DELI COOKED CHICKEN BREAST SLICES (22G PROTEIN)**
- **ALDI GRAHAM'S PROTEIN YOGHURT (25G PROTEIN)**
- **MULLER LIGHT AMORE YOGHURT WITH 10G FLAKED ALMONDS (10G PROTEIN)**
- **HIGH PROTEIN YOGHURT (20G PROTEIN)**
- **COLD WATER PRAWNS 180G (16G PROTEIN)**
- **2 LARGE EGGS BOILED, SCRAMBLED, POACHED, DRY FRIED (12G PROTEIN)**
- **LIGHTLY SALTED RICE CAKE X 2 WITH:**
 - **100G FAT FREE COTTAGE CHEESE (17G PROTEIN)**
 - **50G FAT FREE COTTAGE CHEESE & 30G SMOKED SALMON (13.5G PROTEIN)**
 - **50G FAT FREE COTTAGE CHEESE & 3 SLICES OF HAM (23G PROTEIN)**
- **1 POACHED EGG, 1 SLICE OF HAM, 75G BUTTON MUSHROOMS**
- **2 RICE CAKES, 60G PRAWNS/ OR A SMALL TIN OF TUNA WITH 1/8 OF AN AVOCADO**
- **105G COLD WATER PRAWNS, 1/4 SMALL AVOCADO, 50G OF SHREDDED BABY GEM LETTUCE**
- **4 CHICKEN ITALIA HECK SAUSAGES**
- **TUNA CHUNKS IN SPRING WATER SMALL TIN + 2 RYVITA + 4 CHERRY TOMATOES**
- **SMALL SALAD OF CUCUMBER, TOMATOES, SPINACH LEAVES + 2 RED PEPPER AND BUTTERNUT SQUASH VEGAN SAUSAGES + 15G FETA CHEESE**
- **BEEF JERKY**
- **40G MOZZARELLA + TOMATOES AND SPINACH**
- **TURKEY ROLL UPS (3 SLICES OF COOKED TURKEY FILL AND ROLL WITH 3 TBSP OF COTTAGE CHEESE, CUCUMBER SLICES/CELERY SLICES/SPRING ONION/CARROT)**
- **SMALL TIN OF SARDINES IN TOMATO SAUCE**
- **1 EGG, 50G EDAMAME BEANS, SOME SPINACH LEAVES**