

35 Quick & Easy High-Protein Snacks

When you're out and about and hunger strikes, or you are surrounded by tempting snacks in the break room at work, it's helpful to have some high-protein snacks to hand as these will quickly take the edge off your hunger and keep you feeling full for hours.

1. Tuna or salmon salad (homemade or store-bought) on a cracker / in ½ avocado
2. Chicken salad (ditto)
3. Egg salad (ditto)
4. Smoked salmon (wrapped around, say, honeydew melon or avocado wedges)
5. Cooked, peeled shrimp
6. Bircher muesli (make a larger batch and store in fridge for "emergencies") topped with berries & nuts
7. Overnight chia pudding (for instance, [this one](#)) (ditto)
8. Hard-boiled eggs / deviled eggs
9. Slice of cold frittata
10. String cheese
11. Greek yogurt (plain, with fruits & nuts)
12. Cottage cheese (with fruits or "salty," with chives)
13. Greek yogurt and blue cheese dip
14. A glass of kefir / kefir and cucumber smoothie
15. [Orgain](#)
16. Fruity protein smoothie (kefir, frozen berries/peaches, avocado, protein powder – make double batch at breakfast and save some for snack)
17. Simple protein shake (powder & liquid combined in a protein shaker bottle)
18. Nuts (keep a Ziploc bag of mixed nuts to hand)
19. Edamame beans
20. Commercial protein drink (e.g. Orgain; avoid Ensure or Boost – poor quality substitutes)
21. RX bar
22. Oatmega bar
23. EPIC bar (made with different types of meat)
24. Jerky (avoid sugary, excessively smoke-flavored jerky)
25. Meatballs (homemade ([this recipe](#), for instance) or high-quality store-bought; IKEA's aren't bad)
26. Turkey roll ups (sliced turkey breast stuffed with egg salad or cream cheese)
27. Rotisserie chicken (keep one in your fridge and tear off a leg if you're in need of some emergency protein)
28. [Spinach-quinoa patties](#) (make a double batch and freeze/refrigerate half for grab-and-go snacks)
29. Can of whole sardines in olive oil (drain oil)
30. Hummus & veggies (carrots, celery, sugar snap peas)
31. Celery and peanut butter
32. Lentil or bean salad (left over from a main meal)
33. Pumpkin seeds
34. Seaweed thins (on their own or wrapped around any of the above)

35. A small sachet of [Justin's Nut Butter](#) (preferably sugar-free)