High Protein Healthful Snacks

**Whole Foods**

Edamame beans – 19 grams per cup

Chickpeas – 15 grams per cup

Hemp seeds – 9 grams per tablespoon

Peanut butter – 8 grams per 2 TBS

Quinoa – 8 grams per cup

Wild Rice – 7 grams per cup cooked

Pistachios – 6 grams per ounce

Almonds – 6 grams per ounce

Cashews – 5 grams per ounce

Oatmeal – 5 grams per half cup

Ezekiel bread – 4 grams per slice

Potatoes – 4 grams per medium potato

Asparagus – 4 grams per cup

Broccoli – 4 grams per cup

Avocado – 4 grams per avocado

\*Plant Protein Powders – 14-26 g /scoop

**Recipes & Snack Ideas**

Chia seed pudding

Homemade smoothies

Trail mix

Veggies and bean dip

Apple and nut butter

Buckwheat waffles

Oatmeal bars

Avocado toast

Hempseed muffins

Roasted potatoes

Hummus and veggies

Energy Bites

Dried spiced chickpeas

Almond butter stuffed dates

Quinoa salad

Nut butters and crackers

Oatmeal and berries

Bean or lentil pasta

Peanut butter toast

Guacamole and corn chips

Veggies and wild rice

Cashews and chocolate chips

Mixed roasted vegetables

Peanut butter and jelly sandwich

Nut butter and banana bites