

The following snack options all contain a good source of protein to help support weight loss, health and performance goals.

SNACK	SUGGESTED SERVING SIZE	ADDITIONAL NOTES
Whey & Greek Yoghurt 	Greek Yoghurt – 150g Whey Protein – 10g  <i>Mix and consume immediately once stirred</i>	A delicious guilt-free high-protein dessert... the perfect ice-cream substitute!
Beef Jerky/Biltong 	Beef Jerky - 50g	Watch out for packs that are marinated in honey or sugar...check the label!
Whey Drink & Nuts 	Whey Protein – 20g Water – personal preference (~250ml) Plain Nuts – 25g	Add whole milk for a creamier texture
Boiled Eggs 	2-3 x Whole Hard-Boiled Eggs	Add salt and pepper to taste
Oat & Whey Bar 	1 x Bar	Great as a pre-training snack
Houmous & Chicken/Veg 	Houmous – 50g Chicken – 75g Carrot – 1 x Whole Celery – 1 x Stalk	Add more veg. sticks to make the snack more filling. Cucumber & Peppers also work well.
Cottage Cheese on Oatcakes 	Oatcakes – 4 Cottage Cheese – 100g	-
Greek Yoghurt & Fruit 	Greek Yoghurt – 150g Berries – 100g	Great as a breakfast and/or dessert option
Meat Roll-Ups 	Ham Slices - 4 Soft Cheese – 40g Asparagus – 40g	Spread the soft cheese (Le Roule is a good option) onto the ham. Roll cooked asparagus in each ham slice.
MacBars 	Check out the recipe for our MacBars <a href="#">here</a>	Great as a pre-training snack but beware... they are moreish!!