20 EASY HIGH-PROTEIN SNACK IDEAS FOR BUSY PARENTS

FROM LILY NICHOLS, RDN, CDE

Bestselling author of *Real Food for Pregnancy*, *Real Food for Fertility*, and *Real Food for Gestational Diabetes*

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- **Hard-Boiled Eggs** Pre-boil a dozen eggs and store them in the fridge for a quick grab-and-go snack. Sprinkle with salt, pepper, or paprika for flavor.
- **Greek Yogurt Parfaits** Layer full-fat Greek yogurt with fresh berries, a drizzle of honey, and a sprinkle of granola or nuts.
- **Turkey Roll-Ups** Roll slices of turkey around a piece of cheese and a strip of avocado or bell pepper.
- **Protein-Packed Smoothies** Blend unsweetened almond milk, a scoop of protein powder, frozen berries, and a handful of spinach.
- **Cottage Cheese and Veggies** Pair full-fat cottage cheese with cucumber slices, cherry tomatoes, or celery sticks.
- **Nut Butter on Apple Slices** Spread almond or peanut butter on apple slices. For extra protein, sprinkle with chia or hemp seeds.
- **Beef Jerky or Meat Sticks** Choose minimally processed, nitrate-free options for a protein boost on the go.
- **Deviled Eggs** Make a batch of deviled eggs with Greek yogurt or mayonnaise, mustard, and spices.
- **Homemade Trail Mix** Combine nuts, seeds, unsweetened coconut flakes, and a few dark chocolate chips.
- **Stuffed Mini Peppers** Slice mini bell peppers in half and stuff them with a mix of goat cheese, shredded chicken, and a sprinkle of everything bagel seasoning for a crunchy, protein-rich snack.
- **Salmon Salad Cups** Mix canned salmon (or leftover cooked salmon) with avocado or Greek yogurt, and spoon into mini bell peppers or lettuce cups.

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- **Cheese Cubes and Grapes** Pair cubed cheddar, gouda, or mozzarella with grapes or apple slices.
- **Savory Egg Waffles** Whisk eggs with shredded cheese, diced ham, and chopped spinach, then pour the mixture into a waffle maker. Cook until golden and crispy for a fun, high-protein snack that's easy to grab on the go.
- **Chia Pudding** Mix chia seeds with unsweetened almond milk, and a scoop of collagen peptides and let sit overnight. Add a touch of vanilla, and top with nuts or fruit.
- **Almond Flour Crackers with Hummus** Pair high-protein almond flour crackers with hummus or tzatziki for dipping.
- **Rolled Oats Energy Balls** Mix rolled oats, almond butter, a scoop of protein powder, and a drizzle of honey. Roll into balls and store in the fridge.
- **Smoked Salmon Roll-Ups** Spread cream cheese on a slice of smoked salmon, top with cucumber strips and arugula, then roll up tightly. Secure with a toothpick for a quick, high-protein option.
- **Egg Muffins** Bake eggs mixed with sausage, cheese, and spinach in muffin tins for a portable, protein-packed snack.
- **Pumpkin Seeds (Pepitas)** Roast pumpkin seeds with olive oil and your favorite spices for a crunchy snack.
- **Salmon or Tuna Patties** Make small patties with canned salmon or tuna, an egg, almond flour, and seasonings. Cook in advance and enjoy cold or reheated.

For real food recipes to nourish yourself and your whole family, check out my e-cookbook!

ABOUT THE AUTHOR

Lily Nichols is a Registered Dietitian/Nutritionist, Certified Diabetes Educator, researcher, and author with a passion for evidence-based prenatal nutrition. Her work is known for being research-focused, thorough, and critical of outdated dietary guidelines. She is the founder of the Institute for Prenatal Nutrition®, co-founder of the Women's Health Nutrition Academy, and the author of three books: Real Food for Fertility (co-authored with Lisa Hendrickson-Jack), Real Food for Pregnancy and Real Food for Gestational Diabetes. Lily's bestselling books have helped tens of thousands of mamas (and babies!), are used in university-level maternal nutrition and midwifery courses, and have even influenced prenatal nutrition policy internationally.

She writes at https://lilynicholsrdn.com

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