

50 High-Protein Snack Ideas

Simple, satisfying snack ideas to help you add more protein to your day

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A practical snack guide for busy days, meal prep, and healthier eating.

Welcome

Snacking does not have to mean reaching for whatever is easiest. A protein-rich snack can be simple, satisfying, and easy to prepare.

Inside this guide are 50 ideas using everyday foods such as eggs, Greek yogurt, chicken, tuna, cottage cheese, beans, nuts, fish, and milk. Mix and match them according to your taste, budget, and routine.

How to use this guide

- Choose 1 snack when you are genuinely hungry between meals.
- Adjust portions to fit your needs and daily eating plan.
- Batch-cook eggs, chicken, or other proteins to make snacks faster.
- Keep a few shelf-stable options available for busy days.

A quick note: Protein amounts are approximate and vary by brand, portion size, and preparation. Use food labels when exact nutrition information matters to you.

1. Greek Yogurt & Berries

What you need: 1 cup Greek yogurt + ½ cup berries + 1 tbsp chia seeds

Approx. protein: ~22 g

2. Cottage Cheese & Pineapple

What you need: ¾ cup cottage cheese + ½ cup pineapple chunks

Approx. protein: ~21 g

3. Egg & Avocado Toast

What you need: 2 boiled eggs + 1 slice whole-grain toast + ¼ avocado

Approx. protein: ~17 g

4. Tuna Cucumber Bites

What you need: 1 small can tuna + cucumber slices + lemon

Approx. protein: ~25 g

5. Peanut Butter Banana Yogurt

What you need: ¾ cup Greek yogurt + 1 small banana + 1 tbsp peanut butter

Approx. protein: ~20 g

6. Turkey & Cheese Roll-Ups

What you need: 4 turkey slices + 2 cheese slices + cucumber strips

Approx. protein: ~25 g

7. Chocolate Protein Pudding

What you need: ¾ cup Greek yogurt + 1 tbsp cocoa + ½ scoop protein powder

Approx. protein: ~20 g

8. Edamame Cup

What you need: 1 cup steamed edamame + pinch of salt

Approx. protein: ~18 g

9. Egg Salad Lettuce Cups

What you need: 2 eggs + 2 tbsp Greek yogurt + lettuce leaves

Approx. protein: ~15 g

10. Chicken & Hummus Cups

What you need: 75 g cooked chicken + 3 tbsp hummus + cucumber

Approx. protein: ~25 g

11. Protein Oatmeal

What you need: ½ cup oats + ¾ cup milk + ½ scoop protein powder

Approx. protein: ~20 g

12. Apple & Peanut Butter

What you need: 1 medium apple + 2 tbsp peanut butter

Approx. protein: ~8 g

13. Cottage Cheese Tomato Bowl

What you need: 1 cup cottage cheese + tomatoes + black pepper

Approx. protein: ~28 g

14. Smoked Salmon Crackers

What you need: 75 g smoked salmon + 4 whole-grain crackers

Approx. protein: ~18 g

15. Greek Yogurt Parfait

What you need: ¾ cup Greek yogurt + berries + 2 tbsp nuts

Approx. protein: ~20 g

16. Chicken Lettuce Wraps

What you need: 90 g cooked chicken + lettuce + salsa

Approx. protein: ~27 g

17. Tuna Avocado Cup

What you need: 1 small can tuna + ¼ avocado + lime

Approx. protein: ~25 g

18. Protein Smoothie

What you need: 1 cup milk + ½ banana + 1 scoop protein powder + ice

Approx. protein: ~28 g

19. Egg & Cheese Snack Box

What you need: 2 boiled eggs + 1 cheese stick + cherry tomatoes

Approx. protein: ~20 g

20. Roasted Chickpeas & Yogurt

What you need: ½ cup roasted chickpeas + ½ cup Greek yogurt

Approx. protein: ~16 g

21. Beef & Veggie Skewers

What you need: 75 g cooked lean beef + bell pepper + onion

Approx. protein: ~21 g

22. Peanut Butter Protein Bites

What you need: ½ cup oats + ½ cup peanut butter + ½ cup milk powder; form bites

Approx. protein: ~7 g each

23. Sardine Toast

What you need: ½ can sardines + 1 slice whole-grain toast + tomato

Approx. protein: ~20 g

24. Turkey Avocado Roll-Ups

What you need: 4 turkey slices + ¼ avocado + lettuce

Approx. protein: ~20 g

25. Cottage Cheese & Cucumber

What you need: 1 cup cottage cheese + cucumber + herbs

Approx. protein: ~28 g

26. Protein Chia Pudding

What you need: 3 tbsp chia seeds + ¾ cup milk + ½ scoop protein powder

Approx. protein: ~20 g

27. Chicken & Sweet Pepper Bites

What you need: 90 g cooked chicken + mini sweet peppers

Approx. protein: ~27 g

28. Greek Yogurt & Almonds

What you need: 1 cup Greek yogurt + 2 tbsp almonds

Approx. protein: ~25 g

29. Egg Muffin Cups

What you need: 2 eggs baked with spinach and peppers + 30 g cheese

Approx. protein: ~20 g

30. Tuna Stuffed Tomato

What you need: 1 small can tuna mixed with Greek yogurt, stuffed into tomato

Approx. protein: ~25 g

31. Protein French Toast Bites

What you need: 2 slices whole-grain bread + 2 eggs + cinnamon

Approx. protein: ~18 g

32. Beef Jerky & Fruit

What you need: 40 g lean beef jerky + 1 orange

Approx. protein: ~18 g

33. Yogurt & Pumpkin Seeds

What you need: 1 cup Greek yogurt + 2 tbsp pumpkin seeds

Approx. protein: ~28 g

34. Chicken Hummus Wrap

What you need: 1 small whole-grain wrap + 75 g chicken + 2 tbsp hummus

Approx. protein: ~27 g

35. Cottage Cheese Berry Bowl

What you need: 1 cup cottage cheese + ½ cup berries + cinnamon

Approx. protein: ~28 g

36. Protein Pancake Stack

What you need: 1 egg + ½ cup oats + ½ scoop protein powder + yogurt topping

Approx. protein: ~23 g

37. Turkey & Hummus Cups

What you need: 4 turkey slices + 3 tbsp hummus + cucumber

Approx. protein: ~23 g

38. Milk & Peanut Butter Toast

What you need: 1 cup milk + 1 slice whole-grain toast + 1 tbsp peanut butter

Approx. protein: ~14 g

39. Shrimp Cucumber Bites

What you need: 100 g cooked shrimp + cucumber + lime

Approx. protein: ~24 g

40. Greek Yogurt Banana Bowl

What you need: 1 cup Greek yogurt + 1 small banana + cinnamon

Approx. protein: ~22 g

41. Chicken Egg Snack Box

What you need: 60 g chicken + 1 boiled egg + carrot sticks

Approx. protein: ~25 g

42. Protein Hot Chocolate

What you need: 1 cup milk + ½ scoop chocolate protein powder

Approx. protein: ~18 g

43. Tuna Egg Lettuce Cups

What you need: ½ can tuna + 1 boiled egg + lettuce + mustard

Approx. protein: ~22 g

44. Cottage Cheese Peanut Butter Bowl

What you need: ¾ cup cottage cheese + 1 tbsp peanut butter + cinnamon

Approx. protein: ~23 g

45. Salmon Avocado Cucumber

What you need: 75 g salmon + ¼ avocado + cucumber slices

Approx. protein: ~20 g

46. Greek Yogurt Apple Dip

What you need: 1 cup Greek yogurt + chopped apple + cinnamon

Approx. protein: ~22 g

47. Chicken & Cheese Skewers

What you need: 75 g chicken + 30 g cheese + cherry tomatoes

Approx. protein: ~30 g

48. Edamame & Egg Bowl

What you need: ¾ cup edamame + 1 boiled egg + sesame seeds

Approx. protein: ~20 g

49. Protein Overnight Oats

What you need: ½ cup oats + ¾ cup Greek yogurt + milk + chia seeds

Approx. protein: ~24 g

50. Turkey Cottage Cheese Plate

What you need: 3 turkey slices + ½ cup cottage cheese + cucumber

Approx. protein: ~25 g

51. Sardine Cucumber Boats

What you need: ½ can sardines + cucumber halves + lemon

Approx. protein: ~18 g

Quick Snack Prep Guide

10-minute prep ideas: Boil eggs, portion Greek yogurt, slice vegetables, wash fruit, and divide nuts or seeds into small containers.

Batch-prepare proteins: Cook chicken or lean beef once and portion it into snack-sized servings. Keep cooked foods refrigerated and follow safe food-storage practices.

Build your own: Combine a protein source + fruit or vegetables + a small amount of healthy fat. Examples: Greek yogurt + berries + seeds; eggs + vegetables; chicken + hummus + cucumber.

Simple Weekly Rotation

Day	Snack 1	Snack 2
Monday	Greek Yogurt & Berries	Egg & Avocado Toast
Tuesday	Tuna Cucumber Bites	Apple & Peanut Butter
Wednesday	Cottage Cheese & Pineapple	Turkey & Cheese Roll-Ups
Thursday	Protein Smoothie	Roasted Chickpeas & Yogurt
Friday	Chicken Lettuce Wraps	Greek Yogurt Parfait
Saturday	Egg Muffin Cups	Shrimp Cucumber Bites
Sunday	Protein Overnight Oats	Turkey Cottage Cheese Plate

Final Reminder

You do not need complicated recipes to make better snack choices. Start with a few favorites from this list, keep the ingredients around, and make healthy snacking easier by planning ahead.

Enjoy your snacks—and keep building habits that fit your real life.