

SNACK LIST

Meats & Fish:

Amount of Protein

5oz Tuna packed in water or foil packet	15g
2oz Chicken Breast	15g
½ cup Ground Turkey	15g
2oz Deli Meat (turkey or chicken)	10-12g
2oz Turkey Jerky	14g
2oz Beef Jerky	14g
Eggs (whole) boiled or scrambled	6g (<i>per egg</i>)
Eggs (without yolk) boiled or scrambled	4g (<i>per egg</i>)
Egg (whites only) boiled or scrambled ⅓ cup	10g

Dairy:

Light String Cheese or mini Baby Bell	6g
½ cup Cottage Cheese	13g
1 Greek Yogurt (many varieties, check labels)	12g

Plant & Other:

½ cup Edamame (frozen or Roasted & Salted)	13g
Protein Chips (order online) 1 serving	21g

Herbalife Snack Options:

Roasted Soy Nuts 1 bag	9g
Instant Soup	15g
Beverage Mix 1 serving (2 flavors)	15g
Herbalife Protein Bars (3 flavors)	10g
High Protein Iced Coffee (2 flavors)	15g