

# Snacks

## Higher protein/fibre options:

1/4 cup  
4g protein  
3g fibre



### Roasted chickpeas

Recipe: [click here](#)

1/4 cup  
6g protein  
3g fibre



### Edamame beans

6-7g protein  
2g fibre



### Handful of nuts and seeds

**Tip:** Have a mixed selection to increase types of fibre

2 Tbsp  
2g protein  
2g fibre



### Hummus and vegetables

8g protein



### Boiled eggs

1 tbsp:  
5-6g protein  
2g fibre



### Apple slices with nut butter

1/4 cup  
Higher protein:  
5-6g



### Fruit

1 Tbsp  
3g protein  
5g fibre



**Tip:** Have a mixed selection to increase types of fibre

### Yoghurt



# Snack toppings

Mix and match:



Grainy crackers

+



Tuna

+



Tomatoes



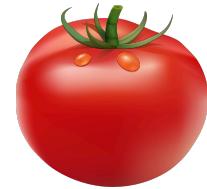
Corn thins

+



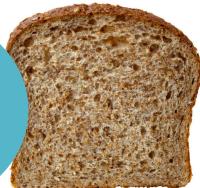
Low-fat cheese

+



Tomatoes

Aim for fibre  
to be  
>6g/100g



Wholegrain bread

+



Avocado

+



Sesame seeds



Corn thins

+



Peanut butter

+



Banana

Aim for higher fibre  
crackers. Look for  
keywords:  
wholegrains,  
nuts/seeds, oat



Grainy crackers

+



Hummus

+



Tomatoes