

# SNACK LIST

## 7-15 Grams of Protein

- 1/2 cup of cottage cheese (non fat) 13 grams
- 1 Blue Bunny Carb Freedom Yogurt 5-7 grams
- 1 serving of Soy Crisps 7 grams (17 crisps per serving)
- 1 Herbalife Protein Bar Deluxe 10 grams
- 1 Herbalife Protein Drink Mix 15 grams
- Herbalife Creamy Chicken Soup Mix 16 grams

## 20-Gram Protein Snacks

- 1 Protein Bar Deluxe and 1/2 cup cottage cheese
- 3/4-cup cottage cheese (non fat) and fruit
- 1 large bag tuna and 1 Tbps. lite mayo
- 1 yogurt and Herbalife Protein Bar Deluxe
- 1 yogurt and Herbalife Creamy Chicken Soup Mix

## 25-Gram Protein Snacks

- 1-cup cottage cheese (non fat) and fruit
- 1 protein bar and 1 beverage drink mix
- 1-soy nuts and 1 beverage drink mix
- 1 large bag/can of tuna/1Tbbs. lite mayo with one serving soy Crisps

**If You Need:**

100 grams of protein per day: 2 snacks

125 grams of protein per day: 2 snacks

150 grams of protein per day: 3 snacks (double 2 + 1 other)

175 grams of protein per day: 4 snacks