

29 Healthy & Portable High-Protein Snacks

Whether it's fueling up before workouts and practice or taking a mid-day snack break to avoid the 2 p.m. lull, high-protein snacks are a tasty, convenient, and economical way to get the necessary protein athletes need for exercise.



Athletes need protein to provide their body with critical amino acids that serve as building blocks for the formation of new muscle. Unlike carbohydrates, which are pre-packaged and available in a variety of forms, much of the protein we consume needs to be refrigerated or cooked making it difficult to spread protein consumption throughout the day with every meal and snack.

To assist you, NutraCarina created 30 of our healthy and portable, protein-packed snacks to tote around and ensure you are able to fuel muscle growth and recovery.

1. Cottage-Style Fruit

Top 1/2 cup cottage cheese with 1/2 cup of your favorite fruit. Not sure what fruit to pick? Try some superfoods! Bananas, mixed berries, and melon are a few NutraCarina favorites.

2. Beef or Turkey Jerky

Be careful to avoid sodium and sugar-filled brands, but low-sodium, natural, or lightly-flavored options are a great source of protein. A one-ounce serving (the size of most single-serve packs) contains about 9 grams of protein! This chewy snack is also super portable and keeps fresh for months when packed properly.

3. Mixed Nuts

Mixed nuts provide an easy way to get a delicious dose of protein in a convenient, shelf-stable package. Try a mixed bunch for variety and a combo with dried fruit for some added sweetness. The best bang for your protein buck? Almonds and pistachios. They're higher in protein than their nutty peers.

4. Pumpkin Seeds

Those orange gourds aren't just for Halloween. Pumpkin insides, scooped out to make room for spooky faces, can actually make a healthy little snack once they're washed, dried, and nicely roasted. Just 1/2 cup of pumpkin seeds has about 14 grams of protein.

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5. Hard-Boiled Eggs

Inexpensive and loaded with nutrients, eggs are one of the best ways to get a healthy dose of protein. Try hard boiling and pre-peeling a dozen at the start of the week and throw one in a small Tupperware container each day for an easy on-the-go snack. Feeling extra famished? Slice the egg and place it on a piece of whole-wheat bread.

6. Nut Butter Boat

Try loading a few celery sticks with 1 tablespoon of any nut butter (almond, cashew, walnut) topped with a few whole almonds or raisins. If you're not a fan of celery, try scooping out the middle of an apple and filling it with your nut butter of choice.

7. Deli Rollup

Top 2 slices of deli meat (turkey, chicken, or roast beef work great) with 1 slice of cheese and a shake of pepper. Add a slice of tomato or some lettuce for extra veggie points!

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8. Mini Bean-and-Cheese Quesadilla

It might take an extra minute to prep, but combining these two high-protein treats is totally worth it. Fold 1/2 cup black beans, 1 tablespoon salsa, and 1 slice cheddar cheese in a small flour tortilla. Cook in a dry nonstick pan until the cheese is melted and tortilla is lightly browned. Then wrap it in foil and stick in a

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9. Shake It Up

When it comes to protein shakes, the combinations are endless, and one scoop can go a long way! Our favorites? The "Protein Creamsicle:" 1 scoop vanilla Critical Reload or whey protein powder, 1 cup orange juice, and 1 cup ice blended until smooth. And also the "Star-buffs Shake:" 1 cup iced coffee (with ice) and 1 scoop chocolate whey protein, blended.

10. ProBar Core

We are not huge supporters of pre-packaged bars, but we make an exception for ProBar Core. The [ProBar Core](#) varieties are a great source of plant-based protein (20-grams per bar), as well as a blend of chai and flax seed that provides the healthy heart omega-3 fatty acids. What is more, ProBar Core resembles nature rather than a science experiment. All ingredients are organic, Non-GMO, plant-based, and gluten-free. ProBar Core is a truly delicious, healthy snack for time-starved athletes to get some essential proteins and natural nutrients in a convenient way.

11. Chunky Monkey Shake

It's time to get funky, monkey! Blend 1 medium banana, 1 tablespoon of peanut butter, and 1 cup of chocolate milk with 1 cup of ice for a protein-packed pick-me-up.

12. Easy Oatmeal Raisin Cookies

Flash back to elementary school snack time with this sweet (but still healthy!) treat. In a microwave-safe bowl (or mug), mix 1/4 cup oats, 1 teaspoon brown sugar, 1 tablespoon flour (of your choice), 1 egg white, 1/4 teaspoon vanilla extract, 1/4 teaspoon baking powder, 1 teaspoon cinnamon, and 1 tablespoon raisins. Flatten mixture into bottom of bowl and microwave on high for 45 seconds. Cool, pop it out of the bowl, and enjoy!

16. Soy Milk Smoothie

Time to take a break from the moo-juice. While cow's milk does have its nutritional benefits (calcium and vitamin A, to name a few), organic soy milk wins in other categories (vitamin D and iron), and they're nearly comparable in terms of protein. Try blending 1 cup of your favorite flavor of soy milk with 1 cup of frozen blueberries or raspberries (for added fiber and antioxidants).

17. Portable Cheese Platter

Who doesn't love a classy cheese plate? Make yourself a mini plate with a cheese stick (or 2 slices of cheese), 2 whole-grain crackers, and a few roasted almonds.

18. Banana Nutter

Few pairings are more comforting than a classic peanut butter with banana. Simply top a rice cake (brown rice for extra fiber points!) or whole-grain toast with 2 tablespoons of your favorite nut butter and half a sliced banana. Sprinkle with cinnamon for some extra healthy benefits!

19. Silver Dollar Protein Pancakes

Mix 4 egg whites, 1/2 cup rolled oats, 1/2 cup low-fat cottage cheese, 1/8 teaspoon baking powder, and 1/2 teaspoon pure vanilla extract. Cook on a preheated griddle (medium-low heat) until the mixture bubbles, flip, and cook for another 60 seconds. Top with fresh berries or sliced banana.

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20. Chocolate Milk

No, we're not going back to preschool. But chocolate milk is actually a great source of high-quality protein (especially post-workout). Try keeping a single-serving, shelf-stable box in your gym bag or backpack for snack attack emergencies—just try to find one that's also low in sugar!

21. Critical Reload

Developed by collegiate strength coach and NutraCarina president, Mike Bewley, Critical Reload is great tasting, performance & recovery shake based on the latest sports nutrition research that demonstrates specific pairing of carbohydrates & proteins enhance muscle recovery and restores energy better than consuming each nutrient individually. As a result,

Critical Reload's 2:1 carbohydrate & protein blend infuses the muscle with growth promoting proteins and carbohydrates so you can recover faster and kick-start your next workout into high gear!

21. “Get Greek” Berry Parfait

Top 1/2 cup plain Greek yogurt with 1/2 cup fresh berries and 1 tablespoon sliced roasted almonds. Add vanilla Critical Reload or whey protein powder for an even greater protein-packed boost.

22. Almond Butter Toast Sticks

Here's another one to fit in that travel mug or mason jar. Toast (or bake) 2 slices of whole-grain bread, and cut into 1/2-inch strips. Place 2 tablespoons of almond butter (or another nut butter) in the bottom of a container with a top, stick the toast sticks in vertically, and sprinkle with cinnamon. Screw on the top and head out the door!

23. Grape-and-Cheese Sticks

Dice a half-inch thick slice of cheddar cheese into squares (you should end up with about 6 small pieces) and rinse 6 grapes. On 6 toothpicks, stack the grape and cheese, and enjoy! Just 1 ounce of sharp cheddar offers 8 grams of protein, and the contrast with sweet grapes is super sophisticated (and delicious).

24. Perfect Little Parfait

Top 1/2 cup nonfat Greek Yogurt with a handful of fruit (fresh or frozen) and a drizzle of honey. Add 2 tablespoons of toasted oats for a protein-packed crunch!

25. Mini Black-Bean Mash Taco

When it's time to get spicy, try this easy snack fix. Heat 1/2 cup of black beans in the microwave with 1 tablespoon of salsa. Mash with a fork and fold it inside a small (4 to 6-inch) flour tortilla. Store in a small Tupperware container for easy transport.

26. Gobble, Gobble

Re-visit Thanksgiving with this festive favorite. Slice one piece of whole-grain bread in half, lengthwise, and top with 2 slices of roasted turkey, 1 slice of Swiss cheese, 1 lettuce leaf, 1 slice of tomato, 1 teaspoon of



teaspoon of dried cranberries. This holiday combination is protein-packed!

27. Overnight Choco-Oats

This is the ultimate pre-packaged snack. In a container with a secure lid, mix 1/2 cup oats, 1 cup non-dairy milk, 3 tablespoons chocolate Critical Reload or whey protein powder, and a handful of walnuts until well combined. Let sit in fridge overnight (or up to a few days). Need some extra sweetness? Add 1/2 a banana, mashed.

28. Blueberry Flax Microwave Muffins

Making muffins from scratch each morning is easier than you might think. Mix 1/4 cup quick-cooking oats, 1/4 cup fresh or frozen blueberries, 1 teaspoon of baking powder, 2 tablespoons ground flax, 2 teaspoons of cinnamon, 1 teaspoon of olive oil, 2 egg whites, and a sprinkle of sugar (or other natural sweetener) in a microwave-safe Tupperware container. Cook on high for 50 to 60 seconds. Let it cool, throw a top on it, and enjoy whenever the hunger pangs hit.

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