

# SNACKS

Food	Calories	Protein	Carbs	Fats	Food	Calories	Protein	Carbs	Fats
Protein Powder 1 Scoop	140	25	5	2	Edamame Beans (100g)	122	11	10	5
Greek Yogurt (100g)	87	8	13.3	0	2% Milk (250ml)	120	8	12	5
Almonds (10)	70	2.6	2.4	6.1	Chickpeas (11g)	82	4.9	16.4	0.4
Hummus (2 tbsp)	70	2	4	5	Beef Jerky (28g)	80	11	6	1.5
Low Fat Cheddar (30g)	91	7.8	0	6.6	Eggs (1 Large)	72	6.3	0.4	4.8
Almond Butter (1 tbsp)	95	3.5	3.5	8	1% Cottage Cheese (100g)	80	12.8	4.8	1.2
Protein Bar (Quest)	190	21	20	9	1 Cup Fruit	40	0.2	22	0

**Note:** Selections and their representative numbers are for specific brands and may not reflect the numbers for products you choose. For accurate measures of your choice or protein bar, etc, please consult nutritional labels of selected foods.