

Best Delicious High Protein Snacks You Have Never Heard Of

Everyone who's into fitness knows the value of protein. Protein is an essential micronutrient that not only helps to keep the entire body in perfect condition (alongside other micronutrients) but also helps in making us more muscular and fit. It is found in almost everywhere in our bodies, from muscles, hairs to everybody tissue and part, protein has its importance everywhere. It is also stated in researches that a count of almost 10000 proteins makes us who we are today. Our overall health and fitness are also profoundly based on the amount of protein we consume in our daily life. The effects of protein deficiency in any of us can lead to severe conditions such as growth failure, loss of muscle mass, weakening of the heart and respiratory system and even death.

For the same reasons, it is advisable to keep a keen check on the amount of protein going in your body daily, so that you don't suffer any of the above-mentioned issues. Apart from the issues, having a good quantity of quality protein will help you maintain your body and its optimal health. Most of us know that our hairs and nails are made up of protein. It is a protein that our body uses to repair and build tissues. Our body's hormones and other chemical proposition are based on protein. Having all that in mind, it isn't hard to say that protein is an essential micronutrient and an important building block of bones, muscles, skin, and blood.



Good sources of protein

Having discussed the importance of protein in everyday life and our body; it becomes pretty clear that our body needs a good amount of protein for sustainability. For men, it is recommended to consume at least 0.8-1gm of protein per pound of body weight to be in perfect health. For women, it is advisable to consume 0.4-0.85 gm of protein per pound of body weight, according to your activity levels. More the activities, more the protein. But just consuming protein from any sources will do well? Not at all. All of your protein quantity should come from quality sources. We have curated a list of good sources of protein that you can accommodate in your daily life to get the best quality protein.

1. Lean Beef – Considered second to skinless chicken, lean beef is a great source of protein. Additionally, it also contains zinc, iron and vitamin B12.

2. Soy – Not knowing soy contains protein is like living in dark ages with no internet. Soy has maintained its position in every list that contains the good sources of protein. Also, consuming 50gm of soy can lower the cholesterol level by 3%.
3. Beans – Boiled Soybeans contains 18.2gm of protein per 100gm. Large white beans contain 9.7gm per 100gms. Kidney beans contain 8.7gm per 100gm. Raw pinto beans contain 21gm per 100gms. These figures are enough to clarify that beans are indeed good sources of protein.
4. Eggs – The least expensive form of protein and also considered the king food in the bodybuilding and fitness industry, eggs have stood every test of time and won with flying colors. An egg usually contains 6gm of protein.
5. Dairy Products – Dairy products like milk, cheese, and yogurt not only contains a good amount of calcium, vitamin D but are also a great source of protein.
6. Seafood – Being low in fat, seafood is on top priority protein list of many fitness freaks. Seafood contains a quality amount of protein and is good for heart health also.

Those were some of the good sources of protein. You can always choose what works best for you and is easily available around you. Not only that, you should choose the protein source that you can rely on a tight schedule because, in this hectic era, everyone strives to complete their protein intake goal. For the same reason, we have not only researched but asked many fitness enthusiasts to list their best protein snacks.



High protein snack vegetarian

Many people think that vegans do not get enough protein, but that is not true at all. There are plenty of vegan choices that are high in protein. Some of them (like beans, soy) are mentioned above.

- Soy snacks – As told above; soy is among the best sources of protein. Not only that, but it also provides our body with all the necessary amino acids that our body cannot produce by itself. A soy yogurt contains around 8gms of protein. Tofu can provide your body with 20gm of protein per 1-2th serving cup. You can also make it into a very healthy snack by baking tofu with soy sauce and garlic until it gets golden brown. Not only that, you can mix soy protein powder with some fresh fruits and soy milk to make a high protein on-the-go smoothie.
- Nuts – Protein, vitamin E, magnesium and healthy fats – all these are available in nuts. For making a high protein snack, spread some peanut or almond butter on whole grain bread to get at least 11gms of quality protein. If you like eating the seeds raw, toss 1/4cup of sunflower seeds, 1/4cup of peanuts and dried fruits to get a healthy 13gm of protein.
- On-the-go banana shake – You will not always need protein powder to make protein shakes. 1 medium banana, 1tbsp peanut butter, 1 cup low-fat milk, and some ice will give you at least 15gm of healthy protein. Mix them all to get a perfect smoothie to get protein and some healthy fats.
- The hummus protein – Want to get protein in a creative way? The hummus protein is the answer. Stick your favorite vegetables into some of your favorite hummus in a container. We would recommend sticking carrots or celery because not only they look good but also compliment the entirety of micronutrients. Close the container and take it in the gym, in the office or casually place in the kitchen to get some protein every time you visit the kitchen. The recipe counts at least 6 gm of protein with 1/3cup hummus and 1/2cup vegetables.
- Greek Yogurt – Nothing can provide you with a 16gm of high-quality protein in a healthier and tastier way than greek yogurt. Mix your greek yogurt with some granolas and give your body a good dose of protein, plenty of calcium and probiotics to end inflammation.



High protein low-calorie vegan snacks

We truly understand that when on dieting the cravings of a yummiest treat always stay on your mind but you restrict yourself from it due to your calorie count. But don't worry, the below few snacks idea will help you maintain that calorie count while having some of the yummiest snacks with high-quality protein and low calories. Here they are:

- Pumpkin seeds magic – For this low-calorie high protein snack you will need 1 1/2 raw pumpkin seeds, 1 1/4 onion powder, 1 1/4 garlic powder, 1/2 paprika, 1/2 salt, 1/2 pepper, 1/4 mustard, 1/4 brown sugar, and oil. Remove the seeds and clean them off with water. Spread the seeds on baking sheets and roast for 10 minutes in 300F preheated oven. On the other side, combine onion powder, garlic powder, mustard, paprika, salt, and sugar. Put the seeds in a bowl and spray some oil. Add 3/4th of the mixture prepared into the bowl. Roast seeds on the pan with parchment until brown. Finally, spray some olive oil and mix them with the mixture. This 6 serving recipe will just be of 81 calories with 3 gram of protein per serving.
- The epic combo of peanut butter and grapes – to make this delicious recipe, you will need 1tbsp peanut butter, 1tbsp almond milk, 2tbsp Greek yogurt, pumpkin pie spice, and 3/4 cup grapes. Arrange the grapes in a single, tightly packed layer in parchment covered container. Microwave peanut butter and almond milk and stir then at 15 seconds interval until combined. Coat this mixture over grapes and make sure each one has a topping. Cover and freeze them for 2hours-2/3 months. This magical freezing recipe will give 8gm protein with just 200 calories.
- Energetic banana matcha – This is one of the simplest snacks you can ever make but it does not make it any less nutritional. Make this dish by first toasting some of your favorite seeds and oats for 10 minutes. On the other hand, blend 2 bananas and 2 tbsp. of almond butter. Sprinkle on top the matcha green tea powder and vanilla blend to combine. After toasting the granola mixture, add them with matcha smoothie and your 197 caloric, 7-gram protein snack is ready to eat.



High Protein Vegan Snacks On The Go

It is really hard to eat healthy vegan snacks when travelling because all you see are packaged food with no assurance of healthiness and freshness. As you can't take your well-filled refrigerator with you all the time, we thought to put in the best high protein vegan snacks to take anywhere you go.

- Tofu Sandwich – For a quick high protein snack, grill tofu by applying healthy oils on both sides until golden brown. Place the grilled tofu in between bread slices. You can add mayo or spread some mustard or cheese to bring in more flavour. To make it more healthier, place some vegetables slices like cucumber and tomato inside and enjoy the delicious taste of tofu sandwich on the go.
- Peanut Butter Banana Sandwich – This is by far the tastiest and healthiest snack you will ever have. This magical sandwich will fill your stomach as well as your soul. To make this sandwich, grill some breads with your favourite healthy oil until both sides turn slightly brown. Then, spread some peanut butter over both sides until covered. To complete the look, place slices of bananas inside them and your magical sandwich is ready to make you feel awesome anywhere you go.
- Apple with nut butter – The name is self explanatory. You just need to cut apple into slices and dip those into nut butter of your choice. If you are bored of peanut or almond butter, you can also try this with sunflower seed butter to give your tongue a new taste of healthiness.

Apart from above mentioned snacks, vegan snack bars are also very effective high protein snack. Eaten by many across the globe, protein bars do fulfil your protein needs when you run out of food.



High protein snacks for diabetes

If you are a diabetic, don't let it stop you from eating enough protein. Even you have a variety of choices when it comes to high protein snacks as any other individual. Let's look at some of them:

- Nuts for guts – The supreme snack comes in the form of nuts. But the best among them is almonds. Not only nuts provide you with ample protein, but they also provide heart health and blood sugar control benefits. Grab some mix nuts or your favorite one when you crave for some snack. 1/4th cup of almonds contains approximately 8 grams of protein.
- Seeds for the soul – For those who have restricted themselves from consuming seeds, its time you do so. Like nuts, seeds are also very healthy and full of proteins. You can mix your favorite nuts and seeds and store them in

containers to consume them whenever there is an urge for a snack. 1/4th cup pumpkin seeds provide 9-gram protein and sunflower seeds of same quantity provide 6 grams of protein.

- The king of protein foods – eggs – With no introduction needed, eggs are by far most talked and most eaten protein food of everyone. With 6 grams of protein per egg, it is among the best sources of quality protein. Not only this, eggs contain vitamin D in its yolk. Eat it boiled, make its omelet or try different things with eggs to see what suits best for your need.
- Canned diet – Gaining its superpower once again, tuna was once underappreciated. The rumors about mercury and other things made it go down but with time, it's coming to its top notch. One small can of tuna contains almost 35 grams of protein. A delicious, canned tuna can be the best choice for high quality on the go snack for diabetic patients and for everyone else too.

Other than above-mentioned food for diabetes, you can also eat shrimps. 4 shrimps contains 5 gram of protein.



High protein snack for travel

For those who travel much, be it from college to home or city to city, you know the real struggle for keeping the pace with protein and calorie intake. Not everywhere you can find something healthy yet fulfilling to eat. Above that, you can't get the things you made at home go for long if there are extreme weather conditions. To keep all that in mind, we have curated some simple yet best ideas for high protein snacks for travel.

- Turkey – Make your own turkey high protein snack for travel by thinly slicing turkey breasts and dress them with your favorite type of dressing overnight. Place the turkey, next morning, in 170-degree preheated oven with bottom rack covered with foil. Let it cook for 3 hours, then flip the side and cook again for 3 hours. After 1 day, you will have the best high-quality protein snack that you can carry around.

- Almonds – Almonds can't be left behind if anyone is talking about high protein snacks. Their benefits need no introduction to the world of fitness enthusiasts and for the same reason, people snack on them rather than snacking on anything else. To make them even greater, mix them with peanut butter or almond butter. You can also coat them with your favourite protein powder. With such simple techniques, you can always count on almond to be your high protein snack for travel.
- Chocolate dipped apples – Keep the doctors away with people's all-time favourite fruit – apple. Make a thick protein powder by mixing it with a little amount of water. Add some nuts and peanut butter to it, and just spread the mixture onto slices apples for a delicious doctor fearing treat.

You can also count on readily available protein bars from trusted brands. They provide at least 10-20 grams of protein per bar and are also less in calories. They might not be for everyone, but having them by side when there's nothing else to eat is any harm at all.



High protein low fat snacks

When talking about snacks, there are only few that fall in the category of high protein low fat snacks. Though, you can always let go of some excess fat by workout and your activities, people still search for the perfect high protein low fat snacks. Here are some high proteins low fat snacks:

- Egg whites salad – The very beauty of this salad is its high protein and low fat content. After removing the yolks of perfectly boiled eggs, toss them with your favourite healthy oil, vinegar, onions, tomatoes and other favourite veggies. Cook them until golden brown to achieve initial taste. Then for finalised flavour and garnishing, mix the cooked egg salad with cucumber slices and coriander leaves.
- Whey protein – The most convenient and fastest making snack is whey protein shake. You can simply add the powder in milk/water or you can also add things like oats, frozen fruits, creatine to make it more

powerful. A scoop provides 20-25 grams of protein to compliment your daily protein intake. The shake can also be taken after workout to enhance muscle repair and growth as well as to level down some hunger.

- Canned Tuna – Tuna is certainly the most consumed sea food among fitness enthusiasts. 3 ounces of tuna contains around 20 grams of protein and negligible amount of carbs and fat. A can or pouch of tuna is a perfect high protein low fat snack that can be carried around anywhere.



High protein snacks for muscle building

Building muscles is the combination of proper physical activities and adequate nutrition. Both go hand in hand. Concentrating on one will never help in achieving the desired muscle building goal. Without proper nutrition, your physical activity progress will stagnate. For the same reason, we curated the best high protein snacks for muscle building:

- Chicken breast – There is not a single place where chicken breast isn't available. Seeing the fitness trends, meat shops have stalked more chicken breasts than ever. 85 grams of chicken breast packs around 26 grams of protein. Not just that, they also contain vitamin B, B6. Consuming quality chicken breast can also lead to more progressive fat loss.
- Lean Beef – Another great food packed with lots of vitamins to build muscle, endurance and fitness. According to some researches, those who consumed lean beef were having more lean muscles on their way to muscle building goal. 85 grams of 70-75% lean ground beef contains 228 calories and 15 grams of fat. More the % of lean ground beef, lesser the calories, lesser the fat and more the protein.
- Oatmeal – Considered among the top consumed snack for muscle building, oatmeal is simple and easy to prepare with limited items. All you need is oats, milk and some fruits. Mix oats with milk and boil them for some time until oats soaks milk and are fluffy. Mix your favourite fruits like bananas, apples etc. and make this simple and sweet snack your favourite.
- Smoothies – Quick to prepare and delicious to consume, smoothies makes sure that you hit the caloric and protein amount. They can easily pack more than 500 calories with minimum of 15 grams of protein. Mix

coconut milk or low fat milk with dried fruits, oats, dryfruits and creatine for making a killer smoothie. You can also add protein powder if you have. You can either consume them with meals or in between meals to power up the calories.

- Peanut Butter Roll – Make a wheat tortilla, spread some tasty peanut butter over it and put some banana slices on it. Roll the tortilla and eat this wherever you like. This will give you 300-400 calories with good amount of protein. You can also eat this with a glass of milk.



High protein snack for bulking

People who are on their bulking phase or have just been motivated to leave their skinny body behind needs lots more protein and calories than anyone else. But achieving that number is always hard because you get tired of eating all day. So, after some research on what to eat best while bulking, we have curated our best options. Have a look:

- Cheese and Fruits – High in all types of micronutrients, cheese, and fruits is a deadly combination to eat. Get yourself some low fat cottage cheese and fruits of your choice and snack on them for completing your protein as well as caloric values. This combination will also provide you with long-lasting energy because fruits like bananas contain slow digesting carbs and will keep you energetic for long.
- Protein shake and raw oats – Add a scoop of your favorite protein powder alongside oats and flax seeds to prepare the best bulking shake to ever exist. This is your best bet when in a hurry.
- Protein pancakes – The great muscle building snack, protein pancake, is widely consumed in the fitness industry. You go to Instagram stories of fit people and they will have pancakes now and then. Even The Rock consumes

protein pancakes to keep those huge muscles in check. To prepare your own protein pancake, mix 1 cup oatmeal, 1 cup of cottage cheese, 1 cup of egg whites and 1-2 scoops of your favorite protein powder. Pour the well-mixed mixture, into a preheated pan coated with non-stick spray, in the center. Cook until both sides are golden brown and consume this high protein snack for building muscles and bulking.

Alongside them, you can also give a heads-up to peanut butter and bananas combination. Beef and other skinless ready-to-eat meat are also a very good option to consider when having snacks for building muscles. We hope you have gained enough of brain mass about the best high protein snacks, now it's time to implement the knowledge to gain muscle mass and show the world that muscles can be gained while consuming tasty food too.

KHUSVENDERR/FAZZONI.COM