
Snack Attack

High Calorie, High Protein Snack Options

Need to increase calories and protein in your diet? Here are several high calorie, high protein snack options.

Peanut Butter and banana sandwich

- 2 tbsp. peanut butter
- 1 medium-sized banana
- 2 slices of whole wheat bread

436 calories, 13.5 grams protein and 63 grams carbohydrate

Plain bagel with cream cheese

- 1 bagel
- 2 tbsp. of cream cheese

360 calories, 13 grams protein and 53 grams carbohydrate

Cheese with crackers

- 2 oz. of cheese
- 8 crackers

360 calories, 12 grams protein and 18 grams carbohydrate

4% cottage cheese with peaches

- 1/2 cup of cottage cheese
- 1/2 cup peaches

170 calories, 12 grams protein and 21 grams carbohydrate

Quesadilla with avocado, chicken, and cheese

- 1 flour tortilla
- 1/2 avocado
- 3 oz. of canned chicken
- 1/4 cup shredded cheddar cheese

435 calories, 23 grams of protein and 32 grams of carbohydrate

Pretzels, pita chips, toasted pita bread or naan with hummus

- 1 serving (per package) of pretzels
- pita, chips, naan
- ¼ cup hummus

250 calories, 6 grams protein, and 32 grams carbohydrate

Whole wheat English muffin with peanut butter and jelly/jam

- 1 whole wheat English muffin
- 1 tbsp. peanut butter
- 1 tbsp. jelly/jam

360 calories, 11 grams protein and 46 grams carbohydrate

2% or Full-fat yogurt with granola or dry cereal and fresh blueberries (or other fruit)

- ¾ cup yogurt
- ¼ cup granola or dry cereal
- ¼ cup fruit

332 calories, 18 grams protein and 32 grams carbohydrate

Oatmeal, milk, banana, raisins, and peanut butter

- 1 packet Ready-to-Use plain instant oatmeal
- ½ c. milk
- ½ banana
- 2 tbsp. raisins
- 1 tbsp. peanut butter

380 calories, 11.5 grams protein and 59 grams carbohydrates

Tuna, chicken, or egg salad on a slice of bread or crackers

(nutrition information will vary)

Additional ways to add in calories and protein to snacks:

- **Honey** – 64 calories in 1 tbsp.
- **Peanut butter** – approximately 100 calories in 1 tbsp.
- **2% or full-fat dairy** products
- **Healthy fats** – avocado, nuts (almonds, pistachios, peanuts), olive oil
- **Ice cream**

No-Bake Energy Bites

Time: 10 minutes

Makes about 2 dozen

Ingredients:

- 1 cup (dry) oatmeal
- 2/3 cup unsweetened coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips or cacao nibs (optional)
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup raisins

Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and chill in the refrigerator for half an hour.
2. Once chilled, roll into 1 inch diameter balls. Store in an airtight container and keep refrigerated for up to 1 week.

Nutrition Information (serving size= 2 balls)

Calories: 280

Protein: 4 grams

Avocado Chicken Salad

Ingredients:

- 2 cups of shredded chicken (use leftover chicken, canned chicken, rotisserie chicken)
- 2 ripe avocados
- ¼ cups of mayonnaise (may also substitute for full-fat Greek yogurt)
- ¼ cup of diced red onion
- 1 tbsp fresh cilantro
- 2 tsp lime juice
- 1 tsp garlic powder
- ½ teaspoon salt

Instructions:

1. Add all ingredients to a mixing bowl, mix well to break down the avocado
2. Serve immediately
3. To store, press plastic wrap tightly onto the surface of the salad to keep the avocado from browning. Store in the refrigerator for 1-2 days

Nutrition Information:

Yields: 6 servings

220 calories

12 grams protein

5 grams carbohydrates

Adapted from The Low Carb Life's - Avocado Chicken Salad, [The BEST Avocado Chicken Salad! \(thatlowcarb.com\)](http://thatlowcarb.com).