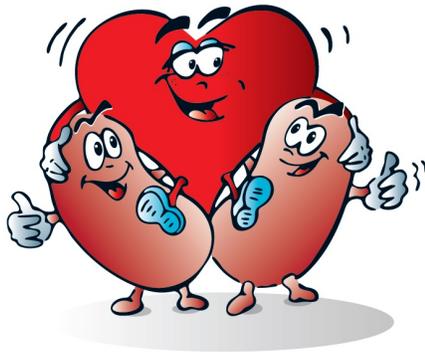


Try a High Protein Snack, So Your Body Will Love You Back!



High Protein Snack Options	Grams of Protein
1 hard-boiled or deviled egg	6 grams
2 chicken wings, no sauce	15 grams
3 small meatballs, no sauce	7.5 grams
½ cup tuna, chicken, or egg salad	16 grams
Nepro (8 ounces)	19 grams
Boost Breeze (8 ounces)	9 grams
Protein Powder (1 scoop or 31 g)	24 grams

Protein powders, such as whey protein and egg white protein powders are usually lower in potassium and phosphorus than soy based protein powders, but always make sure to check the label first. These protein powders can be mixed with moist food or liquids. Some examples include: scrambled eggs, soups, stews, Greek yogurt, casseroles, applesauce, juice, tuna salad, chicken salad, smoothies, jell-o, cupcakes, and rice crispy treats.

Whey Protein Orange Creamsicle Drink

Ingredients

½ cup orange sherbert
½ orange soda
1 scoop protein powder
2 tablespoons of Cool Whip

Directions

Combine all ingredients in a blender. Blend until desired consistency. Enjoy!



Whey Protein Rice Crispy Treat Recipe

Ingredients

7 tablespoons of unsalted butter

40 large marshmallows

Protein powder to equal 160 grams (about 1-1/2 cups)

6 cups rice crispy cereal

Directions

Directions

1. Melt butter in a large pot and add marshmallows. Stir constantly until marshmallows are completely melted.
2. Remove pot from heat and gradually add protein powder. Mix until smooth. Add rice crispy cereal and mix until coated.
3. Pour into a greased 13"x9"x2" baking pan or cookie sheet and press down.
4. Cool and cut into 12 bars, 3" x 4" each.

Nutrition Facts

247 calories, 14 grams of protein, 31 grams carbohydrate, 206 mg sodium, 89 mg potassium, 118 mg phosphorus.



Whey Protein Cupcake Recipe

Ingredients

1 box angel food cake mix

1 box cake mix (flavor of your choice)

Whey Protein powder

Sprite Zero

Directions

1. Combine both cake mixes in a ziplock bag
2. Dissolve 1 scoop protein powder in 4 tablespoons of sprite in a 12 oz cup
3. Add 3 tablespoons cake mix and stir until a smooth batter is formed
4. Microwave for 1 minute and let cool
5. Top with cool whip and a fruit of your choice

*1 cupcake= 30 grams of protein

Test Your Protein Knowledge!

Name: _____

1. Name 2 good sources of protein.

_____ and _____

2. Circle which supplement has more protein in an 8 oz serving:

Boost Breeze or Nepro

3. Name a food you can add protein powder to:

4. Which snack option contains 6 grams of protein?

- A. Egg
- B. Boost Breeze
- C. Hard boiled egg
- D. Tuna salad

5. Which recipe will you try next?

