



Cindy's Top 10 High Protein Snacks to Blast Fat and Eliminate Sugar Cravings

- 1. Hard-boiled egg (6 grams protein per egg)**
- 2. Whey protein smoothie (I love True Whey) (10 grams protein per scoop)**
- 3. Nitrate-free beef stick or jerky (5 grams protein per ounce)**
- 4. Newman's own High Protein pretzels (5 grams protein per 22 pretzels)**
- 5. Hummus and vegetables (1 gram of protein per ounce)**
- 6. A spoonful of peanut butter (almond butter, cashew butter, etc.) (7 grams protein per ounce)**
- 7. Smoked salmon (16 grams protein per 3 ounces)**
- 8. Refried beans with tortilla chips (4 grams per ¼ cup)**
- 9. A handful of pumpkin seeds (5 grams protein in 1 ounce!)**
- 10. Organic Edamame with sea salt (3 grams protein per 1 ounce)**