

# Pro You Cheat Sheet

## Simple and Healthy Protein Snacks

Snack smarter with these filling, nutritious protein-packed snacks

### Salmon & Cottage Cheese Rice Cakes



225  
calories  
24 grams  
of protein

- Two rice cakes
- 100g of lite cottage cheese
- 50g of smoked salmon (omit if plant-based)
- Salt and pepper

#### Optional add-ons:

Herbs: basil, parsley, dill, chilli, squeeze of lemon, red onion.

### Egg Salad Lettuce Wrap



155  
calories  
13 grams  
of protein

- Two mashed boiled eggs  
136 calories / 11g protein
- 25g of plain greek yoghurt  
19 calories / 2.4g protein
- Chopped herbs
- Iceberg lettuce
- Salt and pepper

#### Optional add-ons:

Chilli, curry powder, chopped gherkins or red onion.  
Want something a bit more?  
Skip the lettuce wrap and try on Vogel's or Cruskits.

### Spicy Tuna Melt



240  
calories  
29 grams  
of protein

- One slice sandwich vogels or gluten free bread of your choice
- One 95g can of plain canned tuna (in springwater)
- One tsp of sriracha
- 25g of greek yoghurt
- Squeeze of lemon
- One slice of edam cheese

#### Optional add-ons:

Red onion, chopped gherkins, more spice! *Melt under a grill for ultimate taste sensations.*

### Protein Parfait



250  
calories  
27 grams  
of protein

- 200g plain greek yoghurt  
149 calories / 19g protein
- Two heaped tsp of Pro You pea or whey Protein Blend  
45 calories / 8g protein
- Topped with –
  - crushed frozen raspberries
  - fresh blueberries
  - toasted seeds (pumpkin, sunflower, walnut, almond and or brazil)

#### Optional add-ons:

Shaved chocolate, cacao nibs, chia seeds.

### Chocolate Peanut Butter Protein Milkshake



350  
calories  
30 grams  
of protein

- Handful of ice
- ½ frozen banana  
53 calories / 6g protein
- 30g pro you protein  
112 calories / 20g protein
- One heaped tablespoon of cacao powder  
24 calories / 1.2g protein
- One tablespoon of peanut butter  
85 calories / 3.7g protein
- 1-2 cups of milk of your choice (dairy, soy, almond, coconut, oat etc). Just enough to blend.

#### Optional add-ons:

Shaved chocolate, cacao nibs, chia seeds.

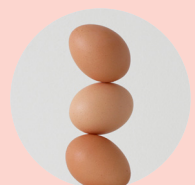
### Single Ingredient Snacks High In Protein



Lite Cottage Cheese



Edamame Beans



Hard Boiled Eggs



Greek Yoghurt



Almonds



Hummus