

TAFIQ'S PHYSIQUE

HIGH PROTEIN SNACK IDEAS

- Homemade veggie meatballs
- Albacore tuna with apple slices
- Chicken salad
- Almond butter and apple slices
- Hard-boiled eggs
- Small salad with a handful of roasted chicken or turkey or shrimp
- Nut butter w/ celery sticks
- Trail mix
- Roasted chickpeas
- Hummus w/ raw veggie
- Chia seed pudding
- Lentil soup
- Egg muffin cup