



# HIGH PROTEIN SNACKS

TO HELP YOU HIT YOUR  
PROTEIN GOALS

## TIME FOR HEALTH

BY LEXI WRIGHT & JAMIE HUMBER

# Coach



# Lexi Wright

Hello! I am Lexi Wright the owner of Time for Health. I grew up on a dairy farm in Alberta, Canada and in my early teens became invested in my health and wellness. Struggling with my weight as a kid, working out became a priority early in my life. My transition to a lot of days traveling in my early 30's as an editor for our family dairy cow publication, Cowsmopolitan, provided it's challenges with too much fast food and unhealthy food choices. The introduction of more bread and pastas into my diet during this time lead me to quickly learn I had some serious food allergies especially to wheat.

With the advice of naturopathic doctors along with the help of a Nutrition coach, I was able to identify some key ingredients for success. I became aware of the best ways to eat clean and healthy, manage my macro-nutrients and lose weight, while improving my gut health and ultimately put my allergies at bay.

Joining a Crossfit gym also increased my confidence and lead me to learning how to fuel my body instead of starving it. Becoming obsessed with being 100% compliant I always felt the need to be that much leaner and was SOOO focused on my diet and exercise that I wouldn't eat dessert or have a drink of alcohol and became obsessed with tracking my food.

Over the last 10 years I have learned how to adapt to these challenges and once i started to trust the process of prioritizing food to restore my metabolism after years of under-eating, focused on improving my strength & shifted my mindset into digging deeper into current habits- i finally felt free.

I'm now able to enjoy any food I want and not feel guilty. I look forward to going out with friends and family versus feeling fearful of blowing my diet. I am confident in my body and no longer have a fear of stepping on the scale.

Now as a NCI Certified Nutrition Coach, Mindset Coach and Womens Hormone Specialist I am able to help frustrated dieters reset their metabolism and get off the ever ending diet cycle.

Lexi Wright

NCI Level 1 Certified Nutrition Coach

Womens Health, Gut Health & Mindset Specialist

Crossfit Level 1 Trainer

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<https://www.facebook.com/groups/timeforhealthfatlossimplified>



# Coach



# Jamie Humber

The first part of my story may sound like I am bragging, in the way that I never had to worry about my weight. I was always very active and had a good metabolism, until .....!

This all changed in my mid 30's when I injured myself at work. I was unable to continue to exercise and live an active lifestyle for a few years, due to a couple of compressed discs in my lower back. It was during this time that I came to understand the "struggle" and it didn't happen overnight but I began to pack on the pounds. Tying my shoes became an event and playing with my daughter a task! After seeing a photo of my daughter and I, I realized how far down the rabbit hole I was going! Now at 230 lbs and 27% bodyfat I knew it was time to do something!

We all have to start somewhere and that was the beginning for me! I started physical therapy and learned how to deal with my injuries while getting control of my diet all while juggling the responsibilities of being a single father and working in construction. Through a lot of hard work and watching my diet I was able to get my life back.

Fast forward to when Lexi became a big part of mine and my daughter's life. Together our interests in health and nutrition has grown and developed. As part of Lexi's Nutrition Coaching Certification I became one of her test subjects. Through this process I was able to pull off those last stubborn pounds and decrease 4% in body fat while maintaining muscle mass!

Now as a NCI Certified Nutrition Coach I am able to help frustrated dieters reset their metabolism and get off the ever ending diet cycle.

Jamie Humber  
NCI Level 1 Certified Nutrition Coach  
Strength Training Advisor

# HIGH PROTEIN SNACKS

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1. Jerky – Turkey or Beef be mindful of added sugars when buying
2. Trail Mix- 8 grams per serving - opt for the ones without the added chocolate or raisins and more almonds and pistachios
3. Turkey Roll ups – 5 grams w/turkey & cream cheese- spread low fat cream cheese & put in a strip of a pickle or cucumber
4. Greek Yogurt – 20 grams per cup
5. Milk/Chocolate Milk – fairlife high protein is a great high option!
6. Veggies & Yogurt dip – use Greek yogurt
7. Tuna – 39 grams per 1 cup or try Tuna Salad on Crackers - <https://www.garnishandglaze.com/tuna-salad-on-crackers/>
8. Hard -boiled eggs – 6 grams per egg
9. Peanut Butter & Celery sticks- 4 grams /tbsp-1-2 tbsp of peanut butter spread over celery
10. Tofu Nuggets - <https://biancazapatka.com/en/crispy-baked-tofu-nuggets/>
11. No Bake energy bites or Protein Cookie Dough– 5 grams per serving get recipe here <https://tastykitchen.com/recipes/appetizers-and-snacks/5-ingredient-peanut-butter-energy-bites/>  
Protein Cookie dough <https://www.eatingbirdfood.com/protein-cookie-dough/>

WANT TO LEARN MORE?

JOIN OUR FACEBOOK GROUP TIME FOR HEALTH- FAT LOSS SIMPLIFIED

# MORE HIGH PROTEIN SNACKS

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12. Cheese Slices – 7 grams/slice – remember this is high in fat too!
13. Handful of Almonds (22 almonds) – 1 oz per 6 grams. Keep the handfuls to one!
14. Roasted Chickpeas – 7.5 grams and 6 grams of fiber! – roast with some basic seasoning and olive oil in the oven
15. Hummus & Veggies – 1/3 cup has 4 grams of protein
16. Cottage Cheese – 14 grams/half cup. Combine with fruit and nuts for even more added food value
17. Apple & Peanut Butter – 1 tbsp of peanut butter is 4 grams
18. Beef Sticks – 6 grams per oz – choose ones with only beef and salt!
19. Protein Bars – Amount depends on bar  
Try out this 3 Ingredient No bake one! <https://thebigmansworld.com/healthy-3-ingredient-no-bake-paleo-protein-bars/>
20. Canned Salmon – 8 grams of protein per 1 ounce – great with crackers or veggies
21. Chia pudding – 4 grams per 1 ounce-  
Here is a great Chia pudding recipe <https://minimalistbaker.com/overnight-chocolate-chia-seed-pudding/>

# MORE HIGH PROTEIN SNACKS

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22. Homemade Granola – 4 grams per ounce -stick with ¼ cup as it is high in calories. Try this recipe <https://www.thepioneerwoman.com/food-cooking/recipes/a82230/how-to-make-magnificent-granola/>

23. Pumpkin Seeds – 5 grams per 1 ounce – stick to ¼ cup as they are also high in fats

24. Nut Butter – Almond, Cashew for example use 1 tbsp

25. Protein Shakes – gives anywhere from 20-32 grams of protein per serving. Whey is the best. Use one with the least amount of ingredients and not more than 4 carbs per serving.

26. Edamame – 17 grams in 1 cup- steam and add spices

27. Overnight Oatmeal – check out this recipe <https://minimalistbaker.com/peanut-butter-overnight-oats/>

28. Egg Muffins or egg bites – easy for on the go. Substitute ¼ of the eggs for egg whites in this recipe for a lower fat version <https://www.primalpalate.com/paleo-recipe/egg-muffins/>

Egg bites here <https://www.eatingbirdfood.com/egg-white-bites/>

29. Toasted Quinoa – 9.4 grams protein – 1/3 cup of quinoa with 1 tbsp shredded coconut, 1 tbsp maple syrup, ¼ tbsps ground flax, toast at 425F for 10 mins

# MORE HIGH PROTEIN SNACKS

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30. Shake it Up protein & Orange juice = 1 scoop vanilla protein powder, 1 cup orange juice & 1 cup ice blended


31. Cheesy Kale Chips – 14.6 grams per 2 cups- Coat 2 cups washed and dried kale leaves with 1 tablespoon olive oil and 2 tablespoons nutritional yeast. Bake at 325°F (163°C) for 15 minutes.

32. String Cheese

33. Peanut butter Frozen Yogurt <https://www.thisgalcooks.com/peanut-butter-frozen>

## How to Get Started!!

### Fat Loss Simplified



Learn habits, fuel your body to improve energy and sleep to reset metabolism



Accelerate fat loss



Build a long term maintainable and sustainable plan to keep weight off FOREVER!

Want to learn more about how you can lose weight without crazy workouts or restrictive diets?

Send us an email: [timeforhealth19@gmail.com](mailto:timeforhealth19@gmail.com) · [www.timeforhealth.ca](http://www.timeforhealth.ca)

Join our free Facebook group <https://www.facebook.com/groups/timeforhealthfatlossimplified>



# REAL RESULTS



Jan 16



May 29



Jan 10



Mar 28



Jan 31



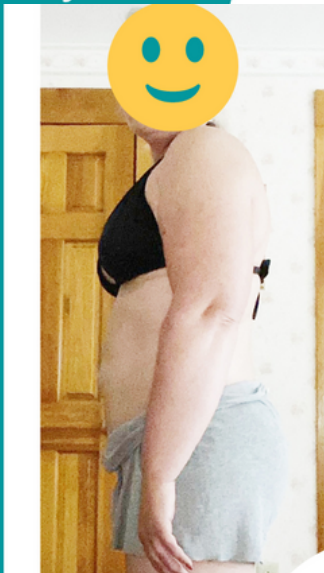
Apr 18



May 21



Dec 21



May 28



Sept 1



Aug 31, 2021



Jan 22, 2022