

FREE GUIDE · HIGH-PROTEIN SNACKS

The High-Protein Snack List

21 snacks ranked by how much protein you get for the calories – so a snack works for your goal, not against it.

HOW TO READ IT

Three things to know

- 1 Protein per 100 kcal**
The number that matters: how much protein a snack gives you for its calories. Higher = more filling per calorie.
- 2 Pick from the top when protein is the gap**
The lower tiers are for fibre and steady energy, not closing a protein gap.
- 3 Pair them**
A protein plus a fruit or veg (e.g. jerky + apple) keeps you fuller for longer.

TIER 1

Protein heavy-hitters · 10 g+ per 100 kcal

Snack	Portion	kcal	Protein	Protein per 100 kcal
Turkey jerky	1 × 30 g bag	87	16.5 g	19.0 g
Protein yoghurt pot	1 pot (check label)	110	19.5 g	17.7 g
0% fat Greek yoghurt	150 g	86	15.0 g	17.4 g
Beef jerky	1 × 60 g bag	194	33.0 g	17.0 g
Cottage cheese	100 g	67	11.0 g	16.4 g
Protein yoghurt + edamame	1 pot + 60 g edamame	213	27.1 g	12.7 g
Apple + beef jerky	1 apple + 60 g bag	288	33.5 g	11.6 g
Protein yoghurt + pistachios	1 pot + 15 g pistachios	224	23.0 g	10.3 g
Greek yoghurt, blueberries & honey	100 g + 25 g + 10 g honey	102	10.2 g	10.0 g

TIER 2

Solid all-rounders · 5–10 g per 100 kcal

Snack	Portion	kcal	Protein	Protein per 100 kcal
Protein bar	1 bar (~20 g protein)	215	20.0 g	9.3 g
Cottage cheese & pineapple	100 g + 60 g pineapple	128	11.4 g	8.9 g
Jammy boiled eggs & cucumber	2 large eggs + 80 g cucumber	168	13.6 g	8.1 g

TIER 3

Fibre & fuel · under 5 g per 100 kcal

Good for fibre, healthy fats and energy — pair with a protein from the top tier if protein is your gap.

Snack	Portion	kcal	Protein	Protein per 100 kcal
Seaweed snack & mixed nuts	5 g seaweed + 20 g nuts	139	5.8 g	4.2 g
Olives & feta	30 g + 30 g	118	4.5 g	3.8 g
Hummus with carrot & cucumber	50 g + 60 g + 60 g	156	5.0 g	3.2 g
Dried apricots & almonds	30 g + 20 g	188	5.3 g	2.8 g
Mixed nuts & dried apricots	25 g + 25 g	212	5.9 g	2.8 g
Dates with almond butter	30 g + 15 g	175	3.7 g	2.1 g
Apple with almond butter	1 apple + 15 g	187	3.2 g	1.7 g
Rice crackers & dried mango	30 g + 30 g	212	2.7 g	1.3 g
Apple	1 medium	94	0.5 g	0.5 g

TIP

Prep once

Boil a week's worth of eggs in one go: 7 minutes for a jammy yolk, straight into cold water, peel, and they keep in the fridge for up to 4 days.

TIP

Check the label

Packaged snacks (jerky, protein yoghurts, bars) vary by brand. Use the label and look for roughly 10 g+ protein per 100 kcal.

Where the numbers come from: Values are estimated reference figures from the Nutrient Warrior recipe library (standard ingredient data), not brand-verified. Portions shown as eaten.

Want snacks built into a full week?

Every Nutrient Warrior plan slots snacks around your own calculated targets — so the numbers add up across the whole week.

[Comment "SNACKS"](#)