

Snacks Recipe Book

Introduction

This recipe book provides 25 high-protein snacks for a 20-year-old male in the UK, supporting a 2700-calorie daily goal with 120–150g protein. Designed for picky eaters avoiding onions, garlic, leeks, and salads, these snacks are quick (5–15 min), budget-friendly (£1–£2/snack at Tesco/Sainsbury's), and balanced in carbs (40–50

1 Snack List

Below are the names of all 25 snacks. Browse to find what looks tasty, then check the corresponding section for the full recipe.

1. Peanut Butter Apple Slices
2. Greek Yoghurt with Almonds
3. Tuna and Crackers
4. Protein Bar with Banana
5. Cottage Cheese with Pineapple
6. Hard-Boiled Eggs with Rice Cakes
7. Almond Butter Toast
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22. Greek Yoghurt with Pumpkin Seeds
23. Tuna and Avocado Toast
24. Protein Bar with Orange
25. Cottage Cheese with Berries

2 Snack Recipes

These snacks (200–350 kcal, 10–20g protein) offer quick, portable nutrition with balanced macros and micronutrients like vitamin E, magnesium, and omega-3s.

2.1 Peanut Butter Apple Slices

Overview

Sliced apple with peanut butter, providing carbs and healthy fats for a quick snack.

Calories: 250 kcal

Carbs: 30g (48%)

Fats: 10g (36%)

Protein: 5g (16%)

Ingredients (Serves 1):

- 1 medium apple (150g), sliced
- 1 tbsp peanut butter (15g)
- 1 tsp chia seeds (5g)

Preparation (5 min):

1. Slice apple into rounds.
2. Spread peanut butter on each slice, sprinkle with chia seeds.
3. Serve immediately.

2.2 Greek Yoghurt with Almonds

Overview

Creamy Greek yoghurt with almonds, high in protein and vitamin E.

Calories: 300 kcal

Carbs: 20g (27%)

Fats: 15g (45%)

Protein: 15g (28%)

Ingredients (Serves 1):

- 150g Greek yoghurt (full-fat)
- 20g almonds
- 1 tsp honey

Preparation (5 min):

1. Spoon Greek yoghurt into a bowl.
2. Top with almonds and drizzle with honey.
3. Serve immediately.

2.3 Tuna and Crackers

Overview

Tuna on wholemeal crackers, rich in omega-3s and protein.

Calories: 280 kcal

Carbs: 25g (36%)

Fats: 10g (32%)

Protein: 15g (32%)

Ingredients (Serves 1):

- 60g canned tuna (in water, drained)
- 4 wholemeal crackers (40g)
- Salt, pepper

Preparation (5 min):

1. Mix tuna with salt and pepper.
2. Spread tuna on crackers.
3. Serve immediately.

2.4 Protein Bar with Banana

Overview

A protein bar paired with a banana, providing protein and carbs.

Calories: 300 kcal

Carbs: 40g (53%)

Fats: 5g (15%)

Protein: 15g (32%)

Ingredients (Serves 1):

- 1 protein bar (40g, 15g protein)
- 1 medium banana (120g)

Preparation (2 min):

1. Unwrap the protein bar.
2. Serve with a banana on the side.

2.5 Cottage Cheese with Pineapple

Overview

Cottage cheese with pineapple chunks, high in protein and vitamin C.

Calories: 260 kcal

Carbs: 25g (38%)

Fats: 5g (17%)

Protein: 15g (45%)

Ingredients (Serves 1):

- 100g cottage cheese
- 100g pineapple chunks
- 1 tsp chia seeds (5g)

Preparation (5 min):

1. Spoon cottage cheese into a bowl.
2. Top with pineapple chunks and chia seeds.
3. Serve immediately.

2.6 Hard-Boiled Eggs with Rice Cakes

Overview

Hard-boiled eggs with rice cakes, offering protein and carbs.

Calories: 240 kcal

Carbs: 20g (33%)

Fats: 10g (38%)

Protein: 15g (29%)

Ingredients (Serves 1):

- 2 large eggs
- 2 rice cakes (20g)
- Salt, pepper

Preparation (10 min):

1. Boil eggs for 10 min, peel, and slice.
2. Season eggs with salt and pepper, serve with rice cakes.

2.7 Almond Butter Toast

Overview

Wholemeal toast with almond butter, providing healthy fats and vitamin E.

Calories: 270 kcal

Carbs: 25g (37%)

Fats: 15g (50%)

Protein: 5g (13%)

Ingredients (Serves 1):

- 1 slice wholemeal bread (40g)
- 1 tbsp almond butter (15g)
- 1 tsp pumpkin seeds (5g)

Preparation (5 min):

1. Toast the bread.
2. Spread almond butter on toast, sprinkle with pumpkin seeds.
3. Serve immediately.

2.8 Turkey Jerky and Apple

Overview

Turkey jerky paired with an apple, high in protein and fiber.

Calories: 250 kcal

Carbs: 30g (48%)

Fats: 5g (18%)

Protein: 15g (34%)

Ingredients (Serves 1):

- 30g turkey jerky
- 1 medium apple (150g)

Preparation (2 min):

1. Slice the apple.
2. Serve with turkey jerky on the side.

2.9 Chia Pudding with Berries

Overview

Chia pudding with berries, rich in omega-3s and fiber.

Calories: 280 kcal

Carbs: 30g (43%)

Fats: 10g (32%)

Protein: 5g (25%)

Ingredients (Serves 1):

- 2 tbsp chia seeds (20g)
- 100ml almond milk
- 50g mixed berries
- 1 tsp honey

Preparation (5 min + overnight):

1. Mix chia seeds and almond milk in a jar, stir well. Refrigerate overnight.
2. Top with berries and honey in the morning. Serve cold.

2.10 Smoked Salmon on Cucumber

Overview

Smoked salmon on cucumber slices, high in omega-3s and protein.

Calories: 220 kcal

Carbs: 5g (9%)

Fats: 10g (41%)

Protein: 15g (50%)

Ingredients (Serves 1):

- 50g smoked salmon
- 100g cucumber, sliced

Preparation (5 min):

1. Slice cucumber into rounds.
2. Top each slice with a piece of smoked salmon.
3. Serve immediately.

2.11 Peanut Butter Rice Cakes

Overview

Rice cakes with peanut butter, providing carbs and healthy fats.

Calories: 260 kcal

Carbs: 25g (38%)

Fats: 15g (52%)

Protein: 5g (10%)

Ingredients (Serves 1):

- 2 rice cakes (20g)
- 1 tbsp peanut butter (15g)
- 1 tsp chia seeds (5g)

Preparation (5 min):

1. Spread peanut butter on rice cakes.
2. Sprinkle with chia seeds.
3. Serve immediately.

2.12 Greek Yoghurt with Walnuts

Overview

Greek yoghurt with walnuts, high in protein and magnesium.

Calories: 300 kcal

Carbs: 20g (27%)

Fats: 15g (45%)

Protein: 15g (28%)

Ingredients (Serves 1):

- 150g Greek yoghurt (full-fat)
- 20g walnuts
- 1 tsp honey

Preparation (5 min):

1. Spoon Greek yoghurt into a bowl.
2. Top with walnuts and drizzle with honey.
3. Serve immediately.

2.13 Tuna on Wholemeal Toast

Overview

Tuna on wholemeal toast, rich in omega-3s and protein.

Calories: 280 kcal

Carbs: 25g (36%)

Fats: 10g (32%)

Protein: 15g (32%)

Ingredients (Serves 1):

- 60g canned tuna (in water, drained)
- 1 slice wholemeal bread (40g)
- Salt, pepper

Preparation (5 min):

1. Toast the bread.
2. Mix tuna with salt and pepper, spread on toast.
3. Serve immediately.

2.14 Protein Shake with Almonds

Overview

A protein shake with almonds, providing protein and vitamin E.

Calories: 320 kcal

Carbs: 20g (25%)

Fats: 15g (42%)

Protein: 20g (33%)

Ingredients (Serves 1):

- 30g whey protein powder (vanilla)
- 200ml almond milk
- 20g almonds

Preparation (5 min):

1. Blend protein powder with almond milk until smooth.
2. Serve with almonds on the side.

2.15 Cottage Cheese with Mango

Overview

Cottage cheese with mango chunks, high in protein and vitamin C.

Calories: 260 kcal

Carbs: 25g (38%)

Fats: 5g (17%)

Protein: 15g (45%)

Ingredients (Serves 1):

- 100g cottage cheese
- 100g mango chunks
- 1 tsp chia seeds (5g)

Preparation (5 min):

1. Spoon cottage cheese into a bowl.
2. Top with mango chunks and chia seeds.
3. Serve immediately.

2.16 Egg and Cheese Muffin

Overview

A mini egg and cheese muffin, offering protein and calcium.

Calories: 240 kcal

Carbs: 15g (25%)

Fats: 10g (38%)

Protein: 15g (37%)

Ingredients (Serves 1):

- 1 large egg
- 1 wholemeal English muffin (60g)
- 20g cheddar cheese, grated
- Salt, pepper

Preparation (10 min):

1. Fry the egg in a pan with salt and pepper for 2–3 min.
2. Toast the muffin, add the egg and cheese.
3. Serve warm.

2.17 Almonds and Dried Cranberries

Overview

A mix of almonds and dried cranberries, rich in vitamin E and fiber.

Calories: 280 kcal

Carbs: 30g (43%)

Fats: 15g (48%)

Protein: 5g (9%)

Ingredients (Serves 1):

- 20g almonds
- 20g dried cranberries

Preparation (2 min):

1. Mix almonds and dried cranberries in a small bowl or bag.
2. Serve immediately.

2.18 Turkey Roll-Ups with Cheese

Overview

Turkey slices rolled with cheese, high in protein and calcium.

Calories: 250 kcal

Carbs: 5g (8%)

Fats: 10g (36%)

Protein: 20g (56%)

Ingredients (Serves 1):

- 50g turkey slices
- 30g cheddar cheese, sliced

Preparation (5 min):

1. Lay out turkey slices, place cheese on top.
2. Roll up each slice. Serve immediately.

2.19 Chia Seed Energy Balls

Overview

Chia seed energy balls, rich in omega-3s and fiber.

Calories: 300 kcal

Carbs: 30g (40%)

Fats: 15g (45%)

Protein: 5g (15%)

Ingredients (Serves 1, makes 2 balls):

- 1 tbsp chia seeds (10g)
- 2 tbsp rolled oats
- 1 tbsp peanut butter (15g)
- 1 tsp honey

Preparation (10 min):

1. Mix all ingredients in a bowl until sticky.
2. Form into 2 balls, refrigerate for 30 min.
3. Serve cold.

2.20 Smoked Salmon and Cream Cheese Wrap

Overview

A wrap with smoked salmon and cream cheese, high in omega-3s and protein.

Calories: 280 kcal

Carbs: 25g (36%)

Fats: 10g (32%)

Protein: 15g (32%)

Ingredients (Serves 1):

- 50g smoked salmon
- 1 tbsp cream cheese (15g)
- 1 wholemeal tortilla (60g)

Preparation (5 min):

1. Spread cream cheese on the tortilla.
2. Add smoked salmon, roll up. Serve immediately.

2.21 Peanut Butter Banana Roll-Up

Overview

A tortilla with peanut butter and banana, providing carbs and healthy fats.

Calories: 300 kcal

Carbs: 40g (53%)

Fats: 10g (30%)

Protein: 5g (17%)

Ingredients (Serves 1):

- 1 wholemeal tortilla (60g)
- 1 tbsp peanut butter (15g)
- 1 small banana (100g)

Preparation (5 min):

1. Spread peanut butter on the tortilla.
2. Place the banana in the center, roll up. Serve immediately.

2.22 Greek Yoghurt with Pumpkin Seeds

Overview

Greek yoghurt with pumpkin seeds, high in protein and magnesium.

Calories: 290 kcal

Carbs: 20g (28%)

Fats: 15g (46%)

Protein: 15g (26%)

Ingredients (Serves 1):

- 150g Greek yoghurt (full-fat)
- 20g pumpkin seeds
- 1 tsp honey

Preparation (5 min):

1. Spoon Greek yoghurt into a bowl.
2. Top with pumpkin seeds and drizzle with honey.
3. Serve immediately.

2.23 Tuna and Avocado Toast

Overview

Tuna and avocado on toast, rich in omega-3s and healthy fats.

Calories: 300 kcal

Carbs: 25g (33%)

Fats: 15g (45%)

Protein: 15g (22%)

Ingredients (Serves 1):

- 60g canned tuna (in water, drained)
- 1 slice wholemeal bread (40g)
- 1/4 avocado (35g)
- Salt, pepper

Preparation (5 min):

1. Toast the bread.
2. Mash avocado with salt and pepper, spread on toast, top with tuna.
3. Serve immediately.

2.24 Protein Bar with Orange

Overview

A protein bar paired with an orange, providing protein and vitamin C.

Calories: 280 kcal

Carbs: 35g (50%)

Fats: 5g (16%)

Protein: 15g (34%)

Ingredients (Serves 1):

- 1 protein bar (40g, 15g protein)
- 1 medium orange (130g)

Preparation (2 min):

1. Unwrap the protein bar.
2. Peel the orange, serve on the side.

2.25 Cottage Cheese with Berries

Overview

Cottage cheese with mixed berries, high in protein and antioxidants.

Calories: 260 kcal

Carbs: 25g (38%)

Fats: 5g (17%)

Protein: 15g (45%)

Ingredients (Serves 1):

- 100g cottage cheese
- 100g mixed berries
- 1 tsp chia seeds (5g)

Preparation (5 min):

1. Spoon cottage cheese into a bowl.
2. Top with mixed berries and chia seeds.
3. Serve immediately.