

# ***High protein meals & snacks***

Here's a quick list of meal and snack ideas to increase protein in your diet, without adding much fat.

## **Meals**

- Lemon & basil grilled fish and oven-baked wedges
- Sweet chilli beef stir fry (add stir-in sauce and veggies)
- Honey soy chicken breast stir fry (add as above)
- Chilli con carne
- Grilled chicken breast
- Beef steak, pineapple and tomato (lean and trimmed)
- Tuna vegetable bake with ricotta cheese

## **Snacks**

- Chocolate skim milkshake, with an added tablespoon of skim milk powder and an eggwhite. Flavoured with Jarrah Choc o'lait (diet).
- Protein bars (find them near sports drinks in supermarket)
- Protein shake (mix from powder at supermarket)
- Sustagen drink (in tetra carton at service stations)
- Lean ham (97% fat free) and tomato on crispbread
- Tuna (canned in brine or water, try flavoured ones)
- Yoghurt (low fat, diet)
- Vanilla custard (low fat)