

## MEATLESS HIGH PROTEIN SNACK IDEAS FOR PREGNANT MOMS

- 12 grams      2 hardboiled eggs + whole grain crackers
- 20 grams      8 oz. Greek yogurt + 1 TBSP almonds
- 4 grams      2 TBSP almond butter  
7 grams      2 TBSP peanut butter  
                on celery or apple slices
- 6-8 grams     1/2 cup hummus
- 8.5 grams     1/2 cup beans on a corn tortilla with salsa
- 17 grams      1 cup cooked edamame
- 14 grams      1/2 cup Nancy's cultured organic cottage cheese to which you may add: pear, blueberries, strawberries, halved cherry tomatoes, etc..
- 5 grams      1 slice California Style Complete Protein Bread (Alvarado Street or Trader Joe's)
- 6 grams      1 stick of string cheese  
5.25 grams    1/4 C Feta cheese  
11 grams      5.5 TBSP (1 oz.) Parmesan cheese  
6 grams      5.5 TBSP (1 oz.) Brie  
2 grams      1 TBSP shredded cheddar
- 7.5 grams     1/4 cup almonds,  
5.25            1/4 cup cashews  
2.5 grams     1/4 cup pecans  
9 grams      1/4 cup peanuts  
6.25 grams    1/4 cup sunflower seeds
- 15 grams      1 cup black, pinto or kidney beans or garbanzo beans/chickpeas
- 8 grams      1 cup cooked quinoa
- 8 grams      2 TBSP nutritional yeast...sprinkled on whatever you wish. Great on quesadillas -for example.
- 8 grams -1 Bing Bing. On an organic brown rice cake layer 2 Tbsps. tahini, a sprinkling of gray or pink salt, sliced avocado and 1 TBSP. of sauerkraut.

Beans can be mashed with a little bit of vinegar, salt, garlic, fresh herbs like parsley or sage and made into a tasty spread or dip.

Sauerkraut stirred into your favorite soft goat cheese also makes a delicious spread.

[www.nutritiondata.self.com](http://www.nutritiondata.self.com) is a link where you can type in foods and learn their nutrition details.