

## Protein Rich Snacks



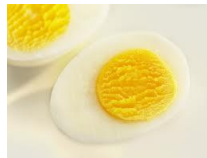
1 KetogenX protein bar



½ cup plain, nonfat Greek yogurt



12 almonds



1 hard-boiled egg



1 low-fat string cheese



1 handful edamame (soybeans in pods)



1 bag KetogenX crisps



1 handful roasted chickpeas



2 TBSP goji berries



2 TBSP sunflower seeds



½ cup low-fat cottage cheese



½ cup “ice cream” made with  
Bariatric Advantage HPMR