

GriffinFitness - High-Protein Quick Fuel Ideas

Creative High-Protein Breakfast Ideas

- High-Protein Chia Pudding: Chia seeds + almond milk + protein powder + berries
- Savory Cottage Cheese Bowl: Cottage cheese + tomatoes + avocado + sea salt
- Breakfast Wrap: Scrambled eggs + turkey bacon + spinach in a sprouted tortilla
- Protein French Toast: Sourdough dipped in egg whites + cinnamon + topped with Greek yogurt
- Sourdough Grilled Cheese with Egg Whites and Spinach
- Quinoa Breakfast Bowl: Quinoa + almond milk + berries + walnuts + scoop of vanilla protein
- Avocado Sourdough Toast + Hemp Seeds + Poached Egg
- Microwave Protein Mug Cake (banana, egg, oats, protein powder)

Unique & Clean High-Protein Snack Ideas

- Tuna Packets + Veggie Sticks or Whole Grain Crackers
- Roasted Chickpeas (air-fried or baked)
- Canned Sardines + Avocado + Rice Cakes
- Boiled Eggs + Pickles or Fermented Veggies
- Mini Protein Box: Hard-boiled egg, fruit, a few almonds, jerky strip
- Greek Yogurt Bark with Blueberries and Chia (frozen snack)
- Seaweed Snacks + Hard Boiled Egg + Orange
- High-Protein Trail Mix: Pumpkin seeds, almonds, coconut flakes, dark chocolate chips
- Bobby-Approved Protein Cookies or Bites (homemade, low sugar)

Pre-Workout Snack Ideas (Clean Fuel)

- Frozen Banana + Almond Butter + Protein Smoothie
- Date-Wrapped Turkey Bites
- Oat Balls (oats, protein powder, honey, nut butter rolled up)
- Ezekiel Toast + Cottage Cheese + Apple Slices
- Roasted Sweet Potato + Cottage Cheese + Cinnamon
- Beet Juice Shot + Boiled Egg
- Rice Cakes with Tuna + Pickled Onions
- Oats + Chia + Egg Whites cooked like a porridge
- Small Chicken Sausage + Fruit + Handful of Walnuts