



# SNACK ATTACK

## HIGH PROTEIN SNACKS TOOLKIT

Inside this nutrition toolkit, you will find quick, delicious information on how to snack to help keep your energy up and *feel fuller for longer!*





# HIGH PROTEIN *Super Snacks* TO POWER YOU THROUGH YOUR BUSY DAY

Protein helps us to feel fuller for longer so here are some great snack ideas to help keep you **energised and focused all day**

## FIRST THINGS FIRST - SOME **IMPORTANT** PROTEIN FACTS

1

Our body doesn't store protein so we need to eat some protein in every meal or snack

2

All neurotransmitters in the brain are made from protein. So if you don't eat protein you don't think!

3

All proteins are made up of amino acids. There are essential and non essential AA's and we need a mixture of them all

4

Protein can be an important source of energy to fuel a long run, cycle ride or a hike.



# Rosemary & Garlic Butterbeans with Bruschetta



1 can butter beans (400g), drained  
2 cloves garlic, peeled & finely sliced  
2 small sprigs rosemary  
2tbsp rapeseed oil  
Pinch chilli flakes (optional)

Heat a small frying pan over a medium heat, add 3 tbsps olive oil.

Add remaining ingredients and stir fry beans until they are golden and warmed through.

Season well and serve with a drizzle of extra virgin olive oil and warm bruschetta

## Osteoarthritis

Researchers at King's College London found that women whose diets were rich in allium vegetables had lower levels of osteoarthritis.

Examples of allium vegetables include garlic, leeks, shallots and onions.

# Goat's Cheese with Peppers & Basil Crostini



This snack is delicious with a big bowl of vegetable soup!

Soft, spreadable goat's cheese or even some humble ricotta work treat as a quick nutrition snack.

Along with protein and fat, goat's cheese also provides phosphorus, copper, B vitamins like vitamin B6 and some iron too.

You can roast the peppers yourself, but the jars of pre-prepared roast peppers or capsicum are perfectly fine if you're short of time.

## Ingredients

8 thin baguette slices, lightly toasted  
Chunks of fresh mozzarella  
Finely sliced roasted red pepper  
Fresh basil leaves

Takes minutes to prep and arrange and adds delicious flavour when eaten as a snack or meal accompaniment.

# Mushroom Bruschetta with Balsamic Thyme

Mushroom and thyme just go together.

The combination just works! ...and if you combine balsamic vinegar too then it takes the flavour of this snack than other level.

120g mushrooms  
2 tbsp olive oil  
1 tbsp balsamic vinegar  
Pinch dried thyme leaves  
Half clove of garlic (peeled)  
Toasted mini, garlic bruschetta  
Salt and pepper

Heat oil in large frying pan over high heat. Slice the mushrooms and toss into pan and sauté quickly, about a minute or two.

Add the balsamic and stir for another 30 seconds, add the thyme and season with salt and pepper. Pile on the mushroom and serve.



Mushrooms are good source of B vitamins, iron and zinc so are excellent to help support the body to recover from stress and ill health. Low zinc has been associated with anxiety potentially associated with concurrent stress.



# Vegan Protein Rescue Soup

## Protein Rescue Soup

This soup is a complete meal in itself as it's rich in all the essential amino acids. It is also an excellent source of complex carbohydrates and essential fats. It's high in magnesium, potassium and calcium for healthy muscles and it's high in vitamins B1, B3, B5 & B6 for central nervous system function and repair. In addition, the kombu in the soup contains iodine which helps to boost energy and stimulate metabolism.

It really is a 'Souper Soup' and superb for lunch or as an accompaniment to dinner.

## High Protein Rescue Soup

## Method

150g broccoli florets  
1 tin kidney beans in chilli sauce  
100g spinach  
50g kale  
1 tin lentils, drained  
50g brown rice  
50g quinoa  
1 onion, diced  
3 cloves garlic, crushed  
1.5 litres vegetable stock  
2 strips kombu (available from health stores)

Heat the oil in large pan & fry off the onions. Add the kombu, garlic, broccoli, spinach, kale & brown rice, plus the vegetable stock to the pan & bring to boil and cook on medium heat for 40 minutes.

Now add the quinoa, kidney beans & lentils and cook for a further 10 minutes (add more water if necessary). Allow to cool and remove / discard the kombu (you don't eat this).

Blend smooth or serve at desired consistency.

(Makes approximately 6 portions so you can freeze it until required and you need a rescue food)



Broccoli



Kombu



Lentils/pulses



Kale



Spinach

