

Shake It Snack Ideas

1 Snack Serving = Approximately 10 g of Protein or 3 finger size portion

Food	Serving Size
Boiled egg	1 extra large egg or 2 small eggs
Chicken drumstick	1 drumstick
Flavoured tuna (canned)	3 finger size portion
Quiche Delight*	1 slice of quiche
Soy and Garlic Kebab*	1 kebab
Tuna-cheese and Celery Sticks*	1 stick
Cottage cheese	60 g
Hard cheese (e.g. cheddar)	40 g
Almonds	3 finger size portion
Walnuts	3 finger size portion
Brazil nuts	3 finger size portion
Keto Bar	½ bar
Keto Crunch Bar	½ bar
Keto Snack Bar	1 bar
Shake It Shake	½ serve
Shake It Soup	½ serve

* Shake It Recipe - see the Shake It Recipe Book or shake-it.com.au or shake-it.co.nz

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