

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 |
| Shake It Spring Vegetable Soup* | 1 serve |
| 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 |
| Soy Keto Bar | 1 bar |
| Shake It Shake | ½ serve |
| Shake It Soup | ½ serve |

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

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