

## 5 Perfect Protein-Packed Gym Snacks



The muscle-building ideal is 20 grams of [protein](#), half before and half after your workout. Bring these convenient snacks to the gym to fuel growth.



### **Chicken, Turkey, or Tuna (3 oz)**

*14-22 grams protein*  
*66-100 calories*

Wrap one of these standbys in a piece of bread. Four slices of chicken or turkey provide 14 grams of protein, while half a can of tuna has nearly 22 grams.

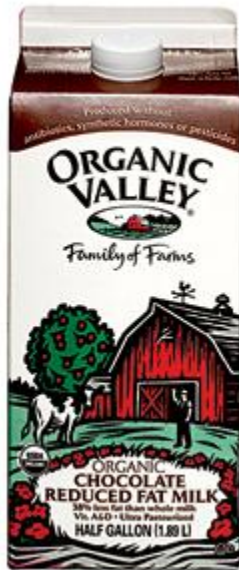


## Eggs (three)

*19 grams protein*

*232 calories*

They're still incredible after all these years. Hard-boiled eggs are most convenient, but it's also easy to scramble a few in the a.m. and scoop them into a microwavable container. Don't sweat the fat: It's healthy and filling.



## Chocolate 2% Milk (16 oz)

*About 17 grams protein*

*333 calories*

Refresh and rebuild at the same time. A study in the *Journal of the American College of Nutrition* shows that chocolate milk may be the ideal postworkout beverage for building muscle.



## Whey Powder (30 g scoop)

*24 grams protein*

*110 calories*

This milk-derived product continues to rule the gym. Mix it with milk instead of water if you want a bit more protein. Try Nitrean; it has whey isolate for quick absorption, and casein, which is digested slowly.



## Greek Yogurt (5.3 oz container)

*15 grams protein*

*80 calories*

Greek-style yogurt is a lifter's dream: It's easy to carry and packed with protein. Skip yogurts with fruit and sugar; to add flavor, drop in a few berries or nuts.

<http://www.menshealth.com/mhlists/protein-packed-snacks/whey-powder-protein.php>

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