



7 Days of Protein-Packed Sweet Snacks

Created by sanoMidLife



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Overview:

This 7 Days of Protein-Packed Sweet Snacks Meal Plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of sweet snack ideas for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare the snacks.
- Each recipe includes directions, and ingredients and helpful notes.
- Snacks highlighted in grey represent leftovers, meaning there will be enough prepared in the original dish for future snacks.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

7 Days of Protein-Packed Sweet Snacks

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	Tahini Cookie Dough Freezer Fudge	Dark Chocolate Almond Mousse	Watermelon Jello	Tahini Cookie Dough Freezer Fudge	Dark Chocolate Almond Mousse	Tahini & Pistachio Date Bark	Strawberry Almond Frozen Yogurt Bars
Snack 2	Watermelon Jello	Tahini Cookie Dough Freezer Fudge	Dark Chocolate Almond Mousse	Tahini & Pistachio Date Bark	Watermelon Jello	Strawberry Almond Frozen Yogurt Bars	Tahini & Pistachio Date Bark

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21 items

Fruits

- ☐ 1/8 Seedless Watermelon
- ☐ 2 tbsps Strawberries

Breakfast

- ☐ 2 1/3 tbsps Almond Butter
- ☐ 2 tbsps Cashew Butter

Seeds, Nuts & Spices

- ☐ 2 tbsps Almonds
- ☐ 1/3 cup Chia Seeds
- ☐ 1 tbsp Pistachios
- ☐ 3/4 tsp Sea Salt

Baking

- ☐ 1/3 cup Cocoa Powder
- ☐ 2/3 cup Dark Chocolate Chips
- ☐ 11 grams Gelatin
- ☐ 1 3/4 tbsps Monk Fruit Sweetener
- ☐ 3/4 cup Pitted Dates
- ☐ 3 1/16 tbsps Raw Honey
- ☐ 1 2/3 tsps Vanilla Extract

Condiments & Oils

- ☐ 1 1/2 tbsps Coconut Oil
- ☐ 1/2 cup Tahini

Cold

- ☐ 1 1/4 cups Unsweetened Almond Milk
- ☐ 1/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 33 grams Collagen Powder
- ☐ 1/4 cup Water

Tahini Cookie Dough Freezer Fudge

6 ingredients · 4 hours 15 minutes · 3 servings



Directions

1. Line a loaf pan with parchment paper going in both directions.
2. In a large bowl combine the tahini, coconut oil, honey, vanilla, and salt. Mix until very smooth.
3. Stir in the chocolate chips and then pour into the prepared loaf pan. Transfer to the freezer for four hours (or overnight).
4. Remove the fudge and slice into squares. Enjoy!

Notes

Leftovers

Store in the freezer for best results. Let them soften for a few minutes out of the freezer before enjoying.

Serving Size

An 8 x 4-inch (20 x 10 cm) loaf pan was used to make eight servings. One serving is one square.

Make it Vegan

Use maple syrup. Be sure to use room temperature maple syrup so it doesn't cause the coconut oil to harden when stirring.

No Tahini

Use cashew butter.

Additional Toppings

Flaky salt.

Ingredients

1/3 cup Tahini
1 1/8 tbsps Coconut Oil (melted)
1 1/2 tbsps Raw Honey
3/4 tsp Vanilla Extract
1/16 tsp Sea Salt
2 tbsps Dark Chocolate Chips

Dark Chocolate Almond Mousse

7 ingredients · 3 hours 5 minutes · 3 servings



Directions

1. Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
2. Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size

One serving is roughly 1/2 cup.

Additional Toppings

Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter

Use another nut or seed butter instead.

Ingredients

1 1/4 cups Unsweetened Almond Milk

1/3 cup Chia Seeds

1/3 cup Cocoa Powder

2 1/3 tbsps Almond Butter

1 3/4 tbsps Monk Fruit Sweetener

2/3 tsp Vanilla Extract

1/3 tsp Sea Salt

Watermelon Jello

6 ingredients · 3 hours · 3 servings



Directions

1. Add the watermelon, honey, salt, and collagen to a blender and blend for one minute. Transfer to a bowl and set aside.
2. Add the gelatin and hot water to a small bowl. Whisk until completely dissolved. Then, whisk into the watermelon mixture until well combined and transfer to the fridge to set for at least three hours.
3. Cut into cubes or scoop into a bowl. Enjoy!

Notes

Leftovers

Refrigerate covered for up to five days.

Serving Size

One serving is equal to approximately 1/2 cup.

More Flavor

Add mint leaves or basil.

Ingredients

1/8 Seedless Watermelon (medium, chopped)

1 1/2 tbsps Raw Honey

1/4 tsp Sea Salt

28 grams Collagen Powder

11 grams Gelatin

1/4 cup Water (hot, not boiling)

Tahini & Pistachio Date Bark

6 ingredients · 1 hour 15 minutes · 3 servings



Directions

1. Line a baking sheet with parchment paper.
2. Take a pitted date and place it cut side down onto the parchment paper. Flatten it with your hands. Do the same with the remaining dates, building an even layer resembling a square. Make sure there are no gaps.
3. Spread the tahini overtop of the dates. Sprinkle the chopped pistachios all over.
4. Melt the chocolate and coconut oil in a double boiler or in 30-second intervals in the microwave
5. Carefully spread the melted chocolate on top of the bark. Sprinkle flaky salt all over. Refrigerate for about one hour or until the chocolate has hardened.
6. When ready, cut the bark into equal size pieces. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is one square.

No Tahini

Use another nut or seed butter like peanut butter, almond butter, or cashew butter.

No Pistachios

Use other nuts like peanuts, almonds, cashews, walnuts or pecans.

Ingredients

- 3/4 cup** Pitted Dates
- 2 2/3 tbsps** Tahini
- 1 tbsps** Pistachios (chopped)
- 2 2/3 tbsps** Dark Chocolate Chips
- 1/8 tsp** Coconut Oil
- 1/16 tsp** Sea Salt (flaky)

Strawberry Almond Frozen Yogurt Bars

8 ingredients · 2 hours 30 minutes · 2 servings



Directions

1. In a bowl, combine the coconut yogurt, cashew butter, collagen, and vanilla.
2. Line a baking sheet with parchment paper. Add about 3 tablespoons of the mix to the parchment paper and use a spoon to make a circle. Add a popsicle stick then use the spoon to cover the stick. Repeat with the remaining bars.
3. To each bar, add chopped strawberries and almonds. Lightly press them into the bars. Freeze for two hours or until completely frozen.
4. Melt the chocolate and coconut oil in a double boiler or in 30-second intervals in the microwave.
5. Remove the bars from the freezer. Hold a bar over the melted bowl of chocolate and use a spatula or spoon to fully cover the bar. Place back onto the parchment paper. Repeat with the remaining bars. Place back in the freezer for 15 to 20 minutes or until the chocolate has melted. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month. Thaw for five minutes before eating.

Serving Size

One serving is one bar.

No Strawberries

Use blueberries instead or omit entirely.

No Cashew Butter

Use peanut butter or almond butter instead.

Ingredients

- 1/4 cup Unsweetened Coconut Yogurt
- 2 tbsps Cashew Butter (smooth, runny)
- 5 grams Collagen Powder
- 1/4 tsp Vanilla Extract
- 2 tbsps Strawberries (chopped)
- 2 tbsps Almonds (chopped)
- 1/3 cup Dark Chocolate Chips
- 1 1/8 tps Coconut Oil