



WHY WEIGHT NEWSLETTER

MAY EDITION 2026

Trim Tip

Dr. Salter's Why Weight Stress Buster: Healthy Snacking on a Budget

In these tough financial times, keeping costs down while staying on track with your protein goals can feel challenging. The good news is you don't have to spend a fortune to get satisfying, low-carb snacks. Here are some of the best budget-friendly, low-carb protein options that deliver great nutrition without breaking the bank:

Top Budget-Friendly Options (per typical serving)

Hard-boiled eggs ~6g protein, <1g carbs. Boil a dozen at once for the week. Season with salt, pepper, everything bagel seasoning, or hot sauce. Great portable option.

Cottage cheese (low-fat or full-fat, plain, 1 cup) 26-28g protein, ~8-12carbs per cup.. Eat plain or with a sprinkle of everything bagel seasoning or cucumber slices.

Greek yogurt (plain, lowfat or full-fat) 15-20g protein, ~5-7g carbs per 5-6 oz. Buy large tubs and portion out.

String cheese or mozzarella cheese sticks 6-8g protein, ~1g carbs each. Very cheap in bulk packs. Pair with a few olives or deli turkey slices.

Canned tuna or chicken (in water) 15-20g+ protein, ~0g carbs per pouch/can. Mix with a bit of mayo or mustard and cottage cheese for a quick salad.

Peanuts (unsalted or lightly salted) ~7g protein, ~5g net carbs per 1 oz handful. One of the cheapest nut options; buy in bulk bags.

Turkey or beef roll-ups Roll deli turkey slices around a cheese stick or slice of cheddar + pickle/cucumber. ~8-12g protein, 1-2g carbs. Deli meat and cheese are inexpensive in larger packs.

Jerky (beef, turkey — look for low-sugar versions) — 9-12g protein, 0-3g carbs per oz. Store brands or bulk packs keep costs reasonable; Chomps or generic sticks work well on the go.



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Other Affordable Ideas

Frozen edamame (shelled) ~9g protein, ~4-7g net carbs per ½ cup (after cooking). Steam quickly; one of the cheaper plant-based options.

Sardines or canned salmon High protein (~15-20g), near-zero carbs, and very cheap per can. Eat straight or with a dash of hot sauce.

Cheese cubes or slices (cheddar, etc.) 6-7g protein, <1g carbs per oz. Pair with a few almonds or pork rinds for crunch.

Protein shake (whey isolate or similar, mixed with water) — 20-30g protein, 1-3g carbs. If using as a meal, be sure it is a MEAL REPLACEMENT shake.

Why Weight carries a variety of convenient Dr. Salter approved low-carb protein snacks. Be sure to stop into our store and shop while in office. Ask staff for details and pricing.