

LOW CARB SNACK IDEAS

Try some of these delicious snack options



- Boiled eggs
- String cheese or 1-1.5oz cheese (2 dice-sized cubes)
- Chicken/tuna/egg salad, served with vegetable slices like cucumbers, bell peppers, celery
- Palmful of nuts/seeds (1oz) - walnuts, almonds, pecans, sunflower/pumpkin seeds, etc.
- Plain Greek yogurt with ¼-½ cup berries
- Vegetable platter with dip (ranch, spinach and artichoke dip, etc.)
- Mini meat and cheese board with olives/nuts/vegetables
- Roast beef with mustard/horseradish
- Meat jerky (with no added sugars)
- Low carbohydrate smoothie (½ cup plain Greek yogurt, ½ cup berries, 1 cup coconut milk, 1 handful ice cubes, stevia to taste) or ready-made low carbohydrate shake
- Tortilla 'chips' made with sliced low carbohydrate tortillas (bake 8-10 min or until golden at 400 degrees), served with guacamole or salsa dip
- Celery sticks with natural unsweetened peanut/almond butter
- Sugar free Jell-o cup
- Sliced apples and cheese
- Turkey roll-ups (roll up 1oz of sliced turkey in lettuce leaves with mustard, avocado, and cheese)



Scan the QR code to find snack lists!

