

LOW CARB SNACK CHEAT SHEET



2 HARDBOILED EGGS

MOZZARELLA CHEESE
STICK

DELI MEAT

1/2 AVOCADO WITH SALT
& PEPPER

ALMOND BUTTER

CELERY + 2 TBSP REGULAR
CREAM CHEESE

CELERY + 2 TBSP PEANUT
BUTTER

5 OLIVES

PORK RINDS

KALE CHIPS

FATHEAD CRACKERS

1/2 CUP COTTAGE CHEESE

1/2 CUP GREEK YOGURT

24 ALMONDS

8 BRAZIL NUTS

12 MACADAMIA NUTS

NO SUGAR BEEF OR
TURKEY JERKY

KETO BARK

MOON CHEESE

COTTAGE CHEESE +
BERRIES

ZUCCHINI CHIPS

LOW CARB TORTILLA +
CHEESE

CARROT STICKS

KETO CRACKERS

ZUCCHINI FRIES

LOW CARB PARMESAN
CRISPS

CAULIFLOWER CHEESE
STICKS

DEVILED EGGS

CANNED TUNA

TUNA STUFFED TOMATO

FAT BOMBS

GUACAMOLE

PROSCIUTTO

1/2 CUP BLUEBERRIES

1/2 CUP STRAWBERRIES

DARK CHOCOLATE

LOW CARB COOKIES

LOW CARB SMOOTHIE

BULLETPROOF
COFFEE

GREEK YOGURT +
CUCUMBERS