

Low Carbohydrate Snacks

General Items that are Low in Carbohydrates:

Proteins (meat, fish, chicken, tofu, eggs, cheese)

Fats (nuts, avocado)

Non-Starchy Vegetables

Snack Ideas:

Turkey jerky

Low fat cottage cheese with tomatoes and cucumbers

Raw vegetables with salsa

¼ cup nuts

Celery with peanut butter or cream cheese

Hard-boiled egg

Scoop of tuna salad and a medium tomato

Ralph's Carb Master yogurt

Sugar free popsicle

Sugar free Jello

Roasted Seaweed snacks

Kale chips

Low fat string cheese

Sunflower seeds

Olives

Turkey wrapped in lettuce

Guacamole and veggie strips

Premier Protein Shake

Fairlife Protein Shake