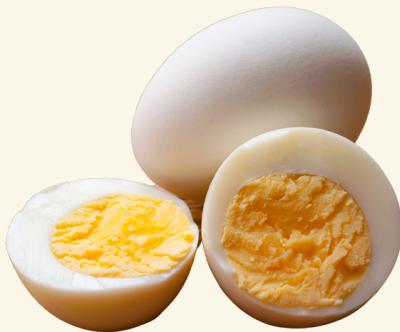




Low Carb Snacks

under 15 net carbs



- **almonds** - 1 handful
- **mixed nuts** - 1 handful
- **sunflower seeds** - 1 handful
- **nut butter & celery** - 2 Tbsp
- **coconut flakes** - 1 handful
- **olives** - 1 cup
- **artichoke hearts** - 1 cup
- **snap peas** - 1 cup
- **berries & heavy cream** - 1 cup
- **cacao nibs** - 1 small handful
- **pickles** - 6 spears
- **avocado** - 1 whole
- **raw carrots, broccoli, cauliflower, peppers, celery, cucumber** - 1 cup
- **seaweed snacks** - 20 sheets
- **cottage cheese** - 1 cup
- **cheese** - 1 palm size
- **plain Greek yogurt** - 1 cup
- **jerky** - 1 palm size
- **deli meat** - 1 palm size
- **hard-boiled eggs** - 3 whole
- **canned fish & shellfish** - 1 tin
- **hummus** - 4 Tbsp
- **chia pudding (seeds & milk)** - 1/2 cup
- **guacamole & veggies** - 1 cup
- **kale chips** - 2 cups
- **cucumber & cream cheese** - 2 Tbsp
- **grapefruit** - 1 half
- **egg salad** - 1 cup
- **tuna salad** - 1 cup