

Low-Carb Snacks

- ❖ String cheese
- ❖ Celery stuffed with cream cheese
- ❖ Green or black olives
- ❖ Half of a Hass avocado
- ❖ Beef or Turkey Jerky, cured without sugar
- ❖ Hard boiled egg
- ❖ Deviled egg
- ❖ Lettuce leaf wrapped around grated cheddar cheese
- ❖ Sliced tomatoes topped with grated mozzarella & fresh basil
- ❖ Fruit kabob - strawberries, swiss cheese, grapes
- ❖ Cottage cheese topped with sugar free salsa
- ❖ Tree nuts; pistachios, cashews, almonds, walnuts *1/4 cup*
- ❖ Hummus with vegetables
- ❖ Cucumber boat stuffed with cottage cheese or ricotta
- ❖ Cherry tomatoes
- ❖ Light Greek Yogurt