

Low Carbohydrate Snack Ideas

These snacks should not replace the carbs that you should be eating. These ideas can be used if you remain hungry after eating your carbs.



- Turkey, Avocado, & Lettuce Wraps (<5 g carbs)
- Celery & Peanut Butter (<5g carbs)
- Deviled or Boiled Eggs (<5g carbs)
- Nuts & Seeds (any kind <5g carbs)
- Edamame (~7g per ½ cup of shelled edamame)
- Salmon Stuffed Tomato (<5 g carbs)
- Any cheese (<5g carbs)
- BLT lettuce wrap (<5g carb)
- Sugar Free Jello (0g carb)
- Sugar Free Pudding (<5g carb)
- Meats – all of them (<~5g carb)
- Olives (<5g carb)
- Veggies (carrots/cucumber/celery/pepper) & Ranch (<5 g carb)
- Chicken Lettuce Wraps (<5g carb)
- Kale Chips (<5g carb)
- Cucumber, onion, and tomato with vinegar (<5g carb)
- Cauliflower –mash potato, or rice or roasted (<5g carbs)

