

LOW CARB WHOLE FOOD SNACKS

PROTEIN-BASED

- Cottage cheese (plain, full-fat)
- Plain Greek yogurt
- Grass-fed beef sticks

CHEESE

- Cheese cubes or slices (cheddar, gouda, pepper jack)
- String cheese
- Fresh mozzarella with a drizzle of olive oil

NUTS & SEEDS

- Almonds, walnuts, macadamias, pecans
- Pumpkin seeds, sunflower seeds
- Pistachios (slightly higher carb, still fine in moderation)

VEGETABLES

- Cucumber or celery sticks with all-natural almond or peanut butter
- Carrot sticks
- Cherry tomatoes
- Bell pepper strips
- Avocado (half, with salt and lime)
- Olives

FRUIT

- Berries — strawberries, raspberries, blackberries
- Berries with coconut cream, sweetened with stevia or allulose
- A few slices of green apple with all-natural peanut or almond butter

SWEETS

- Extra dark chocolate (85%+ cacao)