

Low-Carb Snacks List

LOW-CARB-SUPPORT.COM

BUY READY TO EAT

Nuts

2-4g net carbs per 30g (1oz)

Hard cheese

0-0.5g net carbs per 30g (1oz)

Olives

1-2g net carbs per 60g (2oz)

Celery

1g net carbs per 60g (2oz)

Full-fat plain yoghurt

5-6g net carbs per 90g (3oz)

Cherry tomatoes

2g net carbs per 60g (2oz)

Berries

4-6g net carbs per 90g (3oz)

Deli meats

0g net carbs

Prawns

0-1g net carbs per 90g (3oz)

Pepperoni sticks

0-0.5g net carbs per stick

BUY ONLINE

Biltong

0-3g net carbs per pack

Pork rinds

0g net carbs

Sugar-free protein shakes

1-3g net carbs per portion

Sugar-free chocolate

1-4g net carbs per bar

Seaweed

1-5g net carbs per pack

Sugar-free jelly

0g net carbs

MAKE QUICKLY

Boiled eggs

0.5g net carbs per egg

Avocado

2-4g net carbs per avocado

Tinned tuna

0g net carbs

Peanut butter

1g net carbs per 1 tbsp

COOK AT HOME

Mascarpone mousse

2g net carbs per serving

Flax crackers

0.1-0.3g net carbs per cracker

Low-carb cheese straws

0.2g net carbs per straw

Cheddar crisps

0g net carbs

Low-carb sausage balls

0.5g net carbs per ball

Low-carb Scotch eggs

1g net carbs per portion

Low-carb biscuits

0.3-1g net carbs per biscuit

Chocolate brownies

2.5g net carbs per brownie

Parmesan puffs

0.1g-0.2g net carbs per serving

Courgette (zucchini) chips

2-3g net carbs per serving

Get the Recipes

low-carb-support.com/snacks