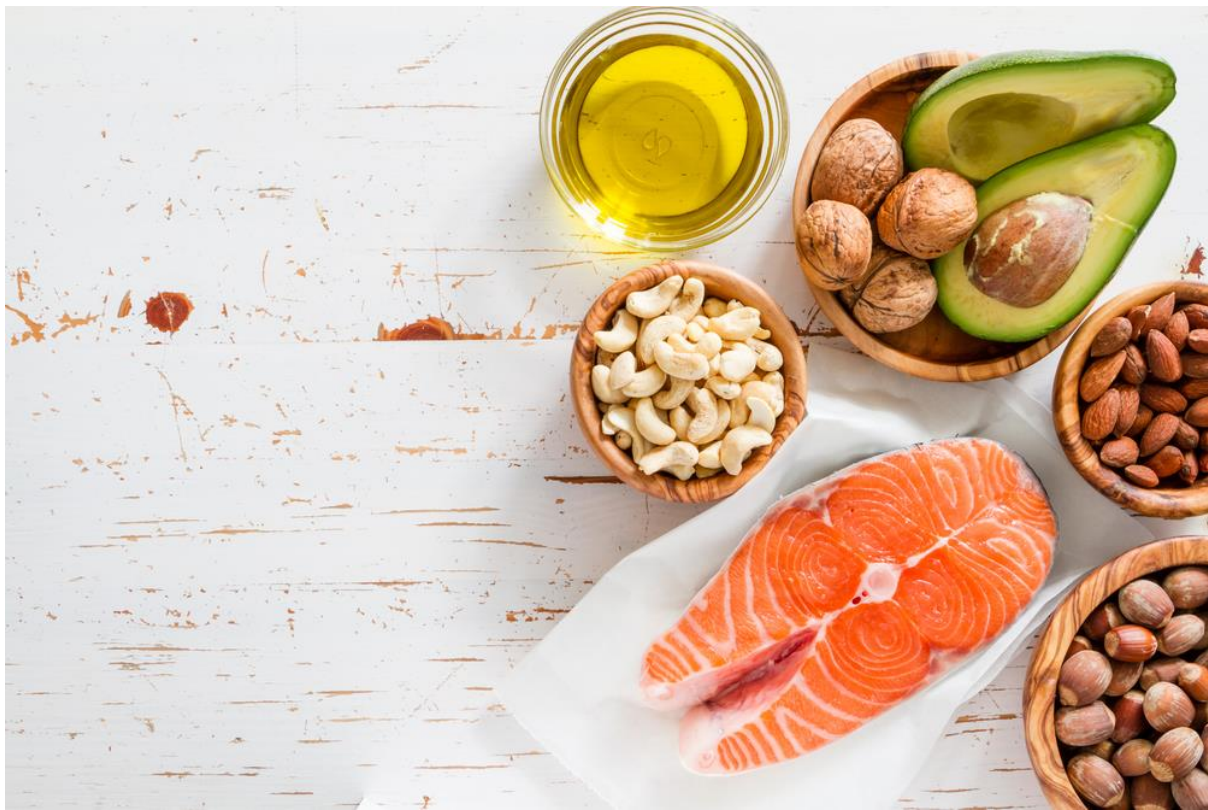
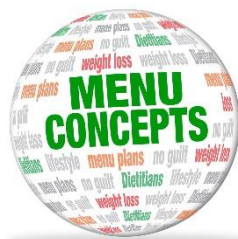




30 Low Carb (LCHF) Prep Quick Easy Snacks!!





Here's a list of 30 low carb, keto snacks that you can easily make and enjoy!

Snacks That Require No Prep

- Pork rinds – but at woollies – they great with just about any dip you can think of....
- Seeds – sunflower, pumpkin, chia, flax
- Laughing Cow cheese (full fat only)
- Hummus – dip pork rinds, carrots, celery, peppers or your favorite low carb vegetable!
- Dark chocolate or any Stevia sweetened chocolate (like Lily's or ChocoPerfection or Well Naturally)
- Seaweed – salted snacks (woolworths)
- String cheese
- Beef Jerky
- Cocoa nibs – a great, quick, sugarless alternative to chocolate bars
- Nuts (walnuts, pecans, brazil nuts, macadamias)
- Cherry tomatoes – relatively lower in carbs and pair well with fresh mozzarella, basil and olive oil
- Avocados – all you need is a little salt for a great high fiber snack
- Sardines/tin tuna – sprinkle some Old Bay seasoning and chow down!
- Nut butters – peanut, almond, cashew, coconut
- Pickles
- Sugar-free Jello
- Quest bars – protein bars
- Leftovers can be a snack!



Snacks That Need A Little Prep

- Roll ups – for example salami/pepperoni wrapped around any deli cheese like mozzarella, provolone, cheddar, etc.
- Hard boiled eggs
- Celery and cream cheese
- [Kale chips](#) – oven bake kale with salt till crispy
- Bacon – fry and serve with cucumber
- [Guacamole](#) – mashed avocado with salt and lemon – serve with cucumber
- Sugar-free Jello mixed with heavy cream or whipped cream
- Frozen berries blended with a few tablespoons of heavy cream
- [Homemade ice cream](#) – 1 cup cream, 1.5 cups full cream milk, 4 egg yolks, stevia to taste, vanilla essence 1 tsp, whip batter together – place in freezer 254 hours – allow to sit on counter before serving
- [Protein shake](#) (check no added sugar, sweetened with Stevia)
- [Cucumber boats](#) (filled with cream cheese, or tuna)

