Pre-Made Keto Snacks

almonds
1 OZ - NET CARBS: 2.5g

avocados
1 CUP - NET CARBS: 2g

carrots
1 BABY - NET CARBS: .8g

blueberries
50 BERRIES - NET CARBS: 8.4g

Brazil nuts
1 CUP - NET CARBS: 6g

cauliflower
1 HEAD - NET CARBS: .8g

celery
1 STICK - NET CARBS: .1g

cheese sticks
1 STICK - NET CARBS: 0g

cocktail shrimp
1 SHRIMP - NET CARBS: 1g

coconut
1 CUP - NET CARBS: 5g

coffee
1 CUP - NET CARBS: 0g

cottage cheese
1 CUP - NET CARBS: 7g

d. chocolate
1 OZ - NET CARBS: 10g

deli meat
1 SLICE - NET CARBS: .7g

Greek yogurt
1 CUP - NET CARBS: 9g

jerky
1 PIECE - NET CARBS: 1.8g

macadamia n.
1 OZ - NET CARBS: 1.5g

n. & s. butters
1 TBSP - NET CARBS: 0 - 4g

olives
1 OLIVE - NET CARBS: 0g

pecans
1 OZ - NET CARBS: 1.3g

pemmican
1 BAR - NET CARBS: 0g

pork rinds
1 OZ - NET CARBS: 0g

pumpkin s.
2 TBSP - NET CARBS: 2g

quest bars
1 BAR - NET CARBS: 4 - 6g

sardines
1 SMALL - NET CARBS: 0g

seaweed
1 SHEET - NET CARBS: .1g

salmon
1 FILLET - NET CARBS: 0g

strawberries
1 LARGE - NET CARBS: 1g

tomatoes
1 CHERRY - NET CARBS: .5g

sunflower s.
1/2 CUP - NET CARBS: 4g

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