



LOW CARB SNACK OPTIONS

Easy grab-and-go options:

- Lean lunch meats
- Nuts/seeds
- Peanut butter and Celery
- Beef jerky
- Salami roll ups (can add banana peppers for a kick)
- Hard boiled egg (can stuff with chicken/tuna/guacamole salad.)
- Deviled eggs
- Raw veggies and dip Laughing Cow
- Cheese on celery or approved cracker
- Radishes and guacamole
- Hummus and veggies
- Edamame Hummus
- Low carb yogurts
- Gelatin bites (Kroger brand in refrigerated Jello section)
- Sugar-free popsicles
- Sugar-free fudgsicles
- No-sugar-added or sugar-free pudding packs
- Pepperoni chips (just bake at 350 degrees until crispy)
- Dill pickles or no-sugar-added sweet pickles and cheese
- Mini peppers with string cheese (eat them cold or broil for 10 minutes)
- ¼ cup berries and ½ cup cottage cheese
- Edamame
- Lettuce wraps with lunch meat, chicken or tuna salad
- Apple and peanut butter (or any nut butter)
- Approved pre-made protein shakes
- Approved protein bars
- Seaweed

Caprese Bites:

On a toothpick put: grape tomato, 1 small piece fresh mozzarella cheese, basil leaf. Then drizzle with olive oil and balsamic vinaigrette.

Greek Salad Bites:

12 grape tomatoes
4 ounces feta cheese, cut into 12 (1/2-inch) cubes
1 mini cucumber sliced into 12 pieces
12 pitted kalamata olives
2 tablespoons extra-virgin olive oil
1 ½ teaspoons Mediterranean spice

12 4-6" wooden skewers

Directions:

1. Thread the skewers starting with a tomato, then a piece of feta cheese, a cucumber and an olive. Repeat with the remaining ingredients.
2. Just before serving, arrange skewers on a platter, drizzle with olive oil and sprinkle with Mediterranean spice.

Baked Edamame

This is a nutrient-packed, crunchy alternative to traditional party mix that saves you 7 grams of carbohydrates per 1/2 cup serving and has four times as much fiber. It keeps well in the refrigerator, but it's also good to eat on the go.

Ingredients:

3 cup shelled edamame beans
1 tablespoon extra virgin olive oil
2 teaspoon curry powder 1 dash of salt and pepper

Directions: Preheat oven to 375 degrees. Toss edamame beans, olive oil, curry powder, salt, and pepper together in a bowl until the beans are thoroughly coated. Spread out on a baking sheet and roast for 15 minutes.

Servings: 6 (1/2 cup)

Kale Chips

Toss two large handfuls of chopped and washed kale in a bowl with extra virgin olive oil, salt, and pepper. Line a baking sheet with tin foil and bake at 300 degrees for 20 minutes. One cup of fresh chopped kale only contains 35 calories and 7 grams of carbohydrates.

Parmesan Cheese Chips

Ingredients:

1 cup grated hard cheese (such as Parmesean) - NOT the dried powdery stuff!

Directions: Preheat oven to 350 F.

Note on type of cheese: You can use any kind of hard cheese, but the results will be different depending on the type. Hard cheeses, such as Parmesan, Romano, Asagio, etc, will make a crisp "shell," whereas cheddar will be more chewy and "lacey" (the fat separates out), though still firm. Softer cheeses such as mozzarella will not work well.

Toss cheese with any seasonings you'd like -- garlic powder (about half a teaspoon for a cup of cheese), hot pepper powder, even cinnamon. Or leave plain.

Pile 1 to 4 Tablespoons of cheese (depending on the size you want) on a baking sheet covered with a silicone mat or parchment paper oiled on both sides. Flatten the tops so they are in more or less an even pile. There should be at least two inches between smaller mounds, 4 inches between larger ones. Bake 5 to 6 minutes until they are a light golden brown (they will be a little darker at the edges). It happens fast, so watch carefully.

Baked Sesame Crackers:

Ingredients:

- 1 cup almond meal
- ¼ cup sesame seeds
- 4 oz. shredded cheese (at least half should be a hard cheese such as Parmesan)
- 1 egg white
- 2 teaspoon prepared mustard
- 1 teaspoon garlic powder
- ¼ teaspoon salt

Directions: Preheat oven to 325 F.

1. Combine all ingredients. A food processor makes it really easy, but you can use a spoon, or even your hands. Keep combining until the ingredients cling together into a ball.
2. Using your hands, roll dough into a cylinder about 1.5 inches in diameter. Slice with a sharp knife, about three to an inch.
3. Put rounds on a baking sheet covered with a silicone baking mat or parchment paper. Leave enough space between each to flatten.
4. Using something with a flat bottom such as a measuring cup, flatten until the rounds are a little over 2" wide. Smooth out the edges with fingers.

Bake for about 14-18 minutes, though you might want to check before to see how they are coming along. When they begin to brown, remove from oven and cool. Makes approximately 24 crackers.

High Protein Veggie Dip:

Ingredients:

- 16 oz plain greek yogurt
 - 1 packet ranch dip mix
- Blend and serve with fresh veggies!

Cinnamon Almond Fruit Dip

Ingredients:

- 1 cup ricotta cheese (recipe here)
 - 2 tbsp almond butter
 - 1/2 tsp cinnamon
 - 1 tsp raw honey
 - 1 tsp low fat milk
- Fruit of your choice, cut into bite size pieces

Direction:

Place all of the ingredients except the fruit in a food processor and process until smooth. If the dip is a little too thick add another teaspoon of milk. Serve with fruit and dip in!

Nutritional Info: ¼ cup is 1 serving and makes approx. 1 cup of the dip total.

Carbs: 4 net carbs and 9 grams of protein per serving

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