



Keto Snack List

Nuts:

Macadamia Nuts
Brazil Nuts
Hazelnuts
Walnuts
Pecans
Almonds
Planter's Heart Health
Blue Diamond Wasabi & Soy Sauce Almonds
Blue Diamond Bold Salt 'n Vinegar Almonds
Nut Butters

Dairy:

Boiled Eggs
String Cheese or Cheese Cubes
Babybel Cheese Wheels
Whipped Cream (Homemade)
Blue Cheese Dressing
Pepper Jack Cheese
Cream Cheese

Drinks:

Protein Shakes
Cashew Milk
Almond Milk
Coconut Milk
Coffee (w/heavy cream)
Bullet Proof Coffee

Produce:

Avocado
Celery
Black Olives
Spinach
Cucumbers
Bell Peppers
Cabbage

Meats:

Beef Jerky
Meat Sticks
Pepperoni
Prosciutto
Salami
Canadian Ham
Country Ham
Salmon
Tuna
Sardines
Beef / Chicken Broth
Bacon

Dry:

Pork Rinds
Flackers (Savory Rosemary & Dill)
Moon Cheese
Quest Protein Bars