

# LOW CARB SNACK IDEAS

Low carb snacks should have protein, healthy fat, & fiber!

## NUTS

Sunflower seeds

Pumpkin seeds

Homemade low-carb trail mix

## MEATS & CHEESE

Pepperoni slices & cheese cubes

Cottage cheese & raspberries

Asparagus & bacon bundles

Bacon, Lettuce, & tomato

Turkey & Swiss rollups

Turkey & cheese rollups

Baked parmesan crisps

Tuna & lettuce wraps

Ham & cheese rollups

Beef or turkey jerky

Plain, full fat yogurt

String cheese

Pork rinds

Bacon

## EGGS

Hard boiled eggs

Egg salad lettuce wrap

Deviled eggs

## VEGETABLES & FRUIT

Celery & peanut butter

Raw veggies & hummus

Veggies & guacamole

Raw veggies & ranch

Dill pickles

Berries

Olives

## SWEETS

Sugar free jello

Sugar free popsicle

Dark chocolate

## MORE SNACK IDEAS

[beyondtype1.org](http://beyondtype1.org)

[lowcarbyum.com](http://lowcarbyum.com)

[afmnoco.com](http://afmnoco.com)

[uichildrens.org](http://uichildrens.org)

[familywize.org](http://familywize.org)

# LOW CARB MEAL IDEAS

Limit  
processed  
foods & fruit  
juices!

## BREAKFAST

### Eggs

- Hard boiled
- Scrambled
- over easy
- Frittatas (crustless)

### Yogurt

- Carb Master yogurt
- Greek yogurt

### Meat & Cheese

### Grains

- Oatmeal - not sweetened
- Shredded wheat with berries or 1/2 banana
- Whole grain bread

### Milk

- Fair Life milk
- Carb Master milk

## LUNCH & DINNER

### Salads

- Green salads
- Add protein like nuts, meat, hard boiled egg

### Meats

- Chicken breast
- Fish
- Lean beef
- Pork
- Venison (without breading)

### Green Vegetables - ANY!

- Broccoli
- Spinach

### Potatoes - sparingly 1-2 times per week

- Sweet potatoes
- White potatoes

### Nuts - 1/4 cup serving

- Almonds
- Cashews
- Peanuts
- Pistachios
- Walnuts

### Grain

- Whole grain pasta
- Rice
- Whole grain bread

## DESSERT

- Sugar-free Jello
- Sugar free popsicle
- Dark chocolate
- Halo Top ice cream