

LOW CARB SNACK IDEAS

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

NUTS

Sunflower seeds

Pumpkin seeds

Homemade low-carb trail
mix

VEGETABLES & FRUIT

Celery & peanut butter

Raw veggies & hummus

Veggies & guacamole

Raw veggies & ranch

Dill pickles

Berries

Olives

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

SWEETS

Sugar free jello

Sugar free popsicle

Dark chocolate

MORE SNACK IDEAS

beyondtype1.org

lowcarbyum.com

afmnoco.com

uichildrens.org

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