

# KETO MACRO FRIENDLY SNACKS

SNACK ITEM	SERVING	FAT	NET CARBS	PROTEIN
<b>NUTS &amp; SEEDS</b>				
Macadamia Nuts	28g	21g	2g	2g
Pecans	28g	20g	1g	3g
<b>DAIRY &amp; PROTEIN</b>				
Hard Boiled Egg	1 large	5g	0.6g	6g
Cheddar Cheese	1 oz	9g	0.5g	7g
<b>VEGETABLES &amp; FRUIT</b>				
Avocado	1/2 med	15g	2g	2g
Blackberries	1/2 cup	0.5g	3g	1g
<b>QUICK BITES</b>				
Beef Jerky (Zero Sugar)	1 oz	1g	0g	13g
Pork Rinds	0.5 oz	5g	0g	9g

