

LOW CARB SNACK GUIDE

Macro-friendly selections for daily fueling

SNACK ITEM	SERVING SIZE	NET CARBS	BENEFIT
Hard Boiled Eggs	2 Large	1g	High Protein
Almonds	1/4 Cup	3g	Healthy Fats
Greek Yogurt (Plain)	150g	6g	Probiotics
Avocado w/ Sea Salt	1/2 Medium	2g	High Fiber
Beef Jerky	1 oz	3g	Portable
Cucumbers & Hummus	1 Cup/2tbsp	5g	Low Calorie
Cheddar Cheese Cube	1 oz	0.5g	Zero Prep
Pumpkin Seeds	1/4 Cup	2g	Magnesium

Recommended: Track macros via app for precise accuracy.