

Keto Snack and Meal Idea List

Always check the net carb content!

Savory Dips

- Guacamole
- Olive tapenade
- Artichoke dip
- Cheese dip
- Cream cheese dips
- Pesto
- Egg salad
- Tuna salad
- Avocado salad

Low-carb grain substitutes

- Flax/chia/sesame crackers - [see my homemade recipe here](#)
- Shirataki noodles - 0-carb noodles, found at most Asian market
- Low carb tortillas
- Almond flour bread (eg. [PaleoThin](#), [Love-the-Taste](#))

Savory Snacks Requiring a Utensil

- Cottage Cheese
- Sardines, anchovies
- Canned chicken
- Boiled eggs (try them with soy sauce!)
- Deviled eggs
- Olives
- Artichoke hearts
- Cooked veggies (carrots in moderation, broccoli & anything green)
- Kimchi and Sauerkraut
- Avocado

Hand held snacks

- Macadamia nuts
- Nori and seaweed
- Lupini beans
- Cherry tomatoes, halved (in moderation)

- Cheese sticks

Savory Flavor Enhancers

Furikake - seaweed, salt, and sesame seeds

Nutritional Yeast - essentially a B-complex vitamin in svory form

Cocoa powder - for sweet or savory

Sweet Snacks

- Sugar free jello, pudding, popsicles
- Full fat yogurt (in moderation)
- Cottage cheese with stevia drops and cocoa powder
- "[Fat bomb](#)" - Blended coconut cream / cream cheese and flavor enhancers (requires preparation ahead of time), drop some frozen wild blueberries in for a special treat
- Keto Mousse - Heavy whipping cream with cocoa powder, vanilla, and stevia
- Oligofructosaccharides are a semi-sweet syrup with a low amount of carbs. Can cause bloating in many, and isn't entirely 0-net carb despite what the label may say, but could be considered to add some sweetness to a high-fat dessert.
- Wild blueberries are the lowest net-carb fruit