



Easy Low Carbohydrate Snacks

ditchthecarbs.com



Nuts

Make a little pot each morning and nibble on them throughout the day. Don't go for unlimited quantities of nuts, they can be high in carbs which soon add up. Go for lower carb nuts. Avoid cashews.



Avocado

A great source of fat, vitamins, and nutrients. Cut in half and sprinkle with salt and pepper.



Eggs

This has to be my favourite. Have a bowl of hard boiled eggs in the fridge or work, and easy, portable snack with a good amount of protein and fat to keep that appetite in check.



Dark Chocolate

Go for the highest cacao percentage and the lowest amount of carbs.



Sliced Veggies

Have with some kind of fat such as cheese, cream cheese, olives.



Cold Meat

Keep the leftovers from last night's dinner or roast. Ham, salami, pepperoni, chicken, etc.



Fish

Keep tinned tuna in the pantry or your desk, tuna mayonnaise, smoked salmon and cream cheese.



Olives

Make a container with cheese, olives and vegetable sticks.



Cheese

Have cubes of cheese on hand. Try different cheeses too. Watch the carbs in some cheeses.



Berries

Add some full fat cream or coconut cream.