



APPROVED SNACKS

Snacking is an essential part of keeping up your energy and staying satisfied. But, choosing good snacks can be tricky. Here are some of our favorites.

VEGETABLES

- Avocado
- Asparagus
- Celery sticks
- Cucumber
- Pepper
- Tomato
- Zucchini

QUICK PICKS

- Bacon
- Beef sticks
- Cold cut meats
- Hardboiled eggs
- Olives (green or black)
- Pickles (avoid sweet)
- Pepperoni slices or sticks
- Quest Bars
- Salami & cheese roll-ups
- Sardines
- String cheese

CRUNCH THIS

- Pork rinds
- Kale chips
- Flax chips

DIP IT

- Cream cheese
- Dressing (sugar-free)
- Greek yogurt dips
- Guacamole
- Hummus
- Nut Butters
 - Almond butter
 - Peanut butter
 - Cashew butter

NUTS & SEEDS

- Almond
- Macadamia
- Walnut
- Pecan
- Brazil
- Sunflower
- Pumpkin
- Flaxseed
- Chia

SWEET TOOTH

- Sugar-free Jell-O
- Sugar-free popsicles

TIP: When buying pre-packaged items, make sure to read the label. If a serving includes 5 or more Net Carbs (Carbohydrates minus fiber) or 5 or more sugars, avoid that food item.

HAPPY SNACKING!