

KETO SNACKS GUIDE





Keto Tasting Platter To-Go

Nutrients	
Fat	23g
Protein	16g
Net Carbs	2g
Calories / kj	286 / 1195
F / P Ratio	76% / 24%

Ingredients:

- ✓ Salami (25g)
- ✓ Cheddar Cheese (40g)
- ✓ Pickled Cucumbers (30g)

Roll each piece of salami up and pin with a tooth pick, and place into your container or serving dish – Cut the cheese into cubes and place next to salami – Cut the pickled cucumbers into slices and place with the other ingredients, and you're done.

Quick and simple is the key here!



Choc-Nut Peanut Butter **Slice**

Nutrients (per serve)	
Fat	24g
Protein	8g
Net Carbs	3g
Calories / kj	259 / 1083
F / P Ratio	87% / 13%

(2x pieces = one serve)

Ingredients:

- ✓ Natural Crunchy Peanut Butter 90g
- ✓ Almond Meal 72g, ~9 tbsp
- ✓ Erythritol Sweetener 18g, ~6 tbsp
- ✓ Macadamia Nuts 18g
- ✓ Sugar FREE Dark Chocolate 48g ('Well Naturally' brand)
- ✓ Butter 30g

Mix the peanut butter, almond meal, erythritol and butter together to a paste like consistency in a mixing bowl - Crush the macadamia nuts into small pieces and mix in thoroughly with the paste – Using a mini-muffin baking tray (ideally with twelve recesses) split the paste-like ingredients equally into each recess – Melt the chocolate using your preferred method and distribute the chocolate evenly over each recess – Place the tray into the fridge for at least 45 minutes and enjoy when cold!



Salted Cheese Chips

Nutrients	
Fat	17g
Protein	13g
Net Carbs	0g
Calories / kj	206 / 861
F / P Ratio	75% / 25%

Ingredients:

- ✓ **Cheese** 50g (any cheese type can be used)

Pre-heat oven to 200C (390F) – Grate the cheese and divide it up into eight even piles (flat circular shape works best) on your oven tray (best to also use oven-proof paper) – Sprinkle as much salt (and spices) as you desire over each pile before baking – Place tray into oven for eight to ten minutes, checking to see what each pile suitably browns for a nice crunch – Remove from oven, allow to cool and serve.

Almonds

Almonds are a perfect take-anywhere keto approved snack which can often be bought in pre-packaged serves.

They tend to have one of the best macronutrient profiles and lowest carbohydrate amounts of all nuts.

Remember to eat them in moderation, a 1 ounce (30g) serve per day is perfect to ensure you keep within your carbohydrate limits.

Nutrients (30g serve)	
Fat	16g
Protein	6g
Net Carbs	2g
Calories / kj	180 / 752
F / P Ratio	86% / 14%



Tinned Tuna

(or any preferred fish)

Another snack that can be taken anywhere and doesn't need refrigeration. Check the store shelves for the varieties (including flavoured) that have very little carbs in them and you're sure to find some tasty options!

Double check each tin as different brands and flavours have different nutrient profiles, and enter those nutrient amounts direction into your daily eating plan.

Nutrients (approx. 100g)	
Fat	6g
Protein	16g
Net Carbs	<1g
Calories / kj	122 / 509
F / P Ratio	46% / 54%

Cheddar Cheese

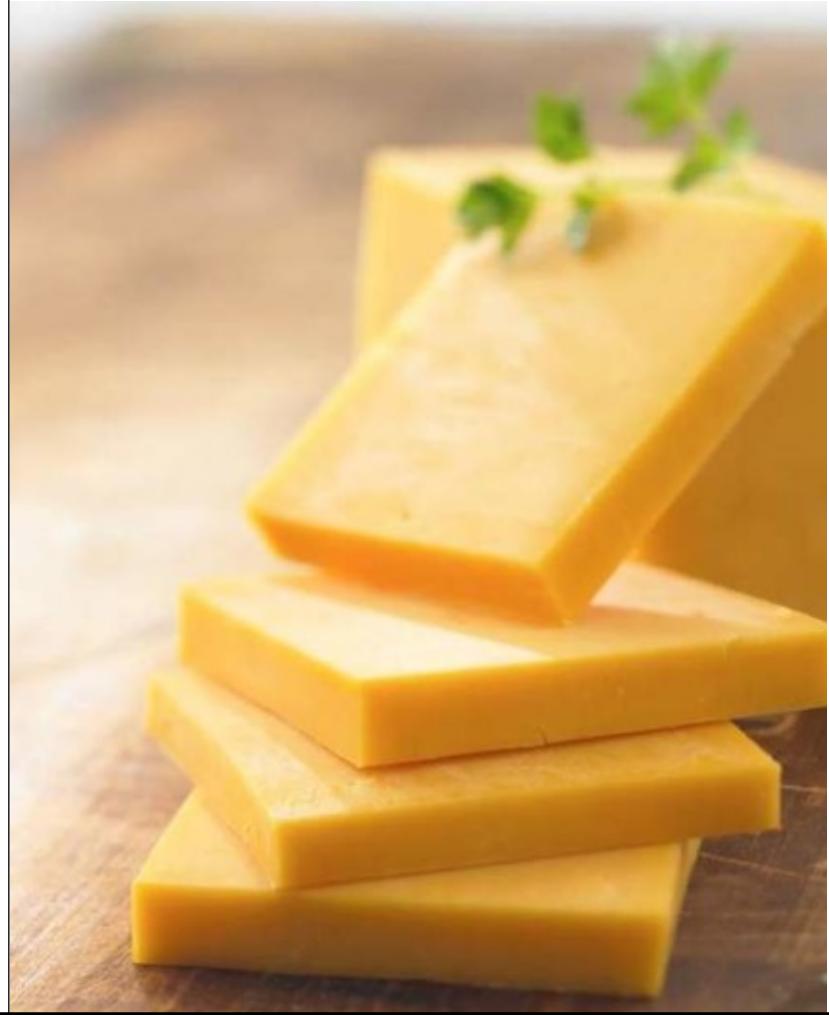
(or any preferred cheese)

Cheese can go a long way without bumping up the daily carbohydrate total too much.

Remember to always check and include the carbs in whichever cheese is your favourite, however generally speaking you can eat quite a lot of it throughout the day, either as part of a meal or a tasty snack that packs easily!

Nutrients (for 50g of cheddar cheese)

Fat	17g
Protein	13g
Net Carbs	2g
Calories / kj	260 / 861
F / P Ratio	75% / 25%



Coconut Oil

(or macadamia oil)

Here I mean specifically coconut oil. Coconut itself is not keto approved due to its higher carb content.

Packed with Medium Chain Triglycerides (MCT's), coconut oil is fantastic for adding to meals or even drinking in small 'shot' amounts to boost the amount of fat in the diet and get the metabolism firing!

Nutrients (15ml)	
Fat	14g
Protein	0g
Net Carbs	0g
Calories / kj	126 / 527
F / P Ratio	100% / 0%

Important points to remember when choosing keto snacks:

- ✓ Whether a food/snack is keto approved comes down to how many carbohydrates are in it, and if you can fit that into your total carb allowance for the day;
- ✓ Try to avoid commercially packaged products such as protein bars, as even if they're marketed as "keto" they'll often contain significant carbs (😢 ...yeah it happens) or they'll have sugar-alcohols included – these sugar alcohols may give you an insulin response and may add to your calorie total for the day, essentially making this pseudo- carbs. They should be avoided for the most part. (sorbitol, maltitol, etc...)
- ✓ Look at the "ingredients list" to find hidden sugar-alcohols, they won't always be listed in the nutrients label.



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