

# **ZERO CARB SNACKS** & NEAR ZERO

## **CURVE THE HUNGRY AND HANGRY WITH THESE ZERO CARB SNACKS**

These are zero carb to nearly no carb snacks. Watch your quantities and use this list for when, you want to snack without worrying about carb count.

- Almonds
- Avocado
- Bacon
- Beef Jerky
- Beef Sticks
- Canned Chicken Breast
- Canned Shrimp
- Canned Tuna
- Cauliflower Thins
- Celery Stalks
- Cheddar Cheese Crisps
- Chicken Wings
- Cocoa Nibs
- Coffee
- Cucumbers
- Deli Meat
- Deviled Eggs
- Dill Pickles
- Flax Seed Crackers
- Fried Seaweed
- Ground Beef
- Guacamole
- Ham
- Hard Boiled Eggs
- Jalapenos
- Kale Chips
- Legume Snacks
- Light String Cheese
- Marinated Artichoke Hearts
- Mini Babybel Cheese
- Mushrooms
- No Carb Nuts
- No Carb Whipped Cream
- Olives
- Parmesan Chips
- Pepperoni
- Pepperoni Chips
- Pickles
- Pork Rinds
- Prawns
- Radishes
- Seaweed Snacks
- Smoked Herring
- Smoked Salmon
- Spinach
- Steak Bites
- String Cheese
- Sugar Free Jello
- Turkey
- Zero Carb Bagels

