

# Keto Friendly Snacks

If at any point during the day you begin to feel hungry, make sure to have some keto friendly snacks on hand. You shouldn't be hungry between meals, but sometimes in the beginning of your ketogenic diet, you need some time to adjust. These keto-friendly snacks are here to help! •

- Pork rinds – great with just about anything
- Nuts (walnuts, pecans, brazil nuts, macadamias)
- Seeds – sunflower, pumpkin, chia, flax, etc.
- Laughing Cow cheese (full fat only)
- Hummus – dip pork rinds, carrots, celery, peppers or your favorite low carb vegetable! Enjoy hummus sparingly.
- Dark chocolate (75% and above) or any stevia or erythritol sweetened chocolate (like Lily's or ChocoPerfection)
- Seaweed
- String cheese
- Jerky
- Cocoa nibs – a great, quick, sugarless alternative to chocolate bars
- Avocados – all you need is a little sea salt for a great high-fiber snack
- Sardines – sprinkle some Old Bay seasoning and chow down!
- Nut butters – peanut, almond, cashew, coconut, etc. Make sure there's no sugar added.
- Pickles
- Sugar-free Jell-O
- Quest bars