



EASY KETO LOW-CARB RECIPES

KETO LOW-CARB SHARI MAC

You Have Everything to Lose

LOW-CARB SNACK IDEAS

AVOCADO

- Avocado on Celery Sticks
- Guacamole on Celery Sticks
- Guacamole on Cucumber Slices
- Guacamole on Parmesan Crackers
- Guacamole on Tomato Slices



SUGAR-FREE NITRATE-FREE BACON

- Bacon Wrapped Asparagus
- Bacon Wrapped Smoked Oysters
- Bacon Wrapped Dates
- Bacon Wrapped Shrimp
- Bacon Wrapped Brie



CANNED TUNA

- Tuna Salad on Celery Sticks
- Tuna Salad on Cucumber Slices
- Tuna Salad in Lettuce Wrap
- Tuna Salad on Parmesan Crackers
- Tuna Salad on Tomato Slices



CANNED SALMON

- Salmon Salad on Celery Sticks
- Salmon Salad on Cucumber Slices
- Salmon Salad in Lettuce Wrap
- Salmon Salad on Parmesan Crackers
- Salmon Salad on Tomato Slices



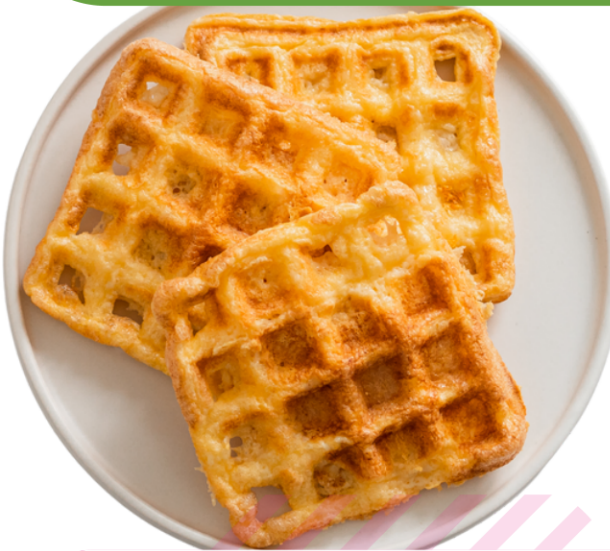
CANNED CRAB

- Crab Salad on Celery Sticks
- Crab Salad on Cucumber Slices
- Crab Salad in Lettuce Wrap
- Crab Salad on Parmesan Crackers
- Crab Salad on Tomato Slices



CHAFFLES

- Chaffles Topped with Chicken Salad
- Chaffles Topped with Crab Salad
- Chaffles Topped with Egg Salad
- Chaffles Topped with Shrimp Salad
- Chaffles Topped with Tuna Salad



CHICKEN SALAD (CANNED OR ROASTED)

- Chicken Salad on Celery Sticks
- Chicken Salad on Cucumber Slices
- Chicken Salad in Lettuce Wrap
- Chicken Salad on Parmesan Crackers
- Chicken Salad on Tomato Slices



COTTAGE CHEESE

- Cottage cheese with a few berries
- Cottage cheese with crushed nuts & sugar-free maple syrup
- Cottage cheese with sugar-free maple syrup
- Cottage cheese chocolate mousse
- Cottage cheese on celery



CREAM CHEESE

- Cream cheese on celery sticks
- Cream cheese on celery sticks with peanut butter
- Cream cheese fat bombs
- Cream cheese crab dip with cucumber slices
- Cream cheese bacon dip with parmesan crackers



DELI CHICKEN SLICES

- Deli Chicken (or Turkey) Wrapped Avocado
- Deli Chicken (or Turkey) Wrapped Chicken Salad
- Deli Chicken (or Turkey) Wrapped Egg Salad
- Deli Chicken (or Turkey) Wrapped Tomato and Cucumber
- Deli Chicken (or Turkey) Wrapped Parmigiano-Reggiano

EGGS

- Hard Boiled Eggs
- Egg Salad on Celery Stick
- Egg Salad on Cucumber Slice
- Egg Salad in Lettuce Wrap
- Egg Salad on Parmesan Cracker
- Egg Salad on Tomato Slice



JUMBO GREEN OLIVES

- Jumbo Green Olives Stuffed with Blue Cheese
- Jumbo Green Olives Wrapped in Bacon
- Jumbo Green Olives Stuffed with Cream Cheese
- Jumbo Green Olives Stuffed with Cream Cheese and Wrapped in Bacon
- Jumbo Green Olives Wrapped in Prosciutto



LETTUCE WRAP

- Lettuce Wrapped Chicken Salad
- Lettuce Wrapped Egg Salad
- Lettuce Wrapped Salmon Salad
- Lettuce Wrapped Tuna Salad
- Lettuce Wrapped Shrimp Salad



MUSHROOMS

- Grilled Portobello Pizzas Topped with Keto Marinara & Pepperoni
- Grilled Button Mushrooms Stuffed with Crab Salad and Cheese
- Grilled Button Mushrooms Stuffed with Cream Cheese
- Grilled Button Mushrooms Stuffed with Mini Meatball
- Grilled Button Mushrooms Stuffed with Boursin Cheese

PROSCIUITTO

- Prosciutto Wrapped Avocado
- Prosciutto Wrapped Peanut Butter
- Prosciutto Wrapped Parmigiano-Reggiano
- Prosciutto Wrapped Asiago
- Prosciutto Wrapped Pecorino Romano