

The Complete Guide To

KETO

THE

NEVER
HUNGRY

DIET

Lose Weight,
Boost Energy &
Feel Your Best

Drop
Pounds
Fast!



CENTENNIAL HOME



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PLUS

- * WHY IT WORKS
- * BEGINNER'S GUIDE
- * FAMILY-FRIENDLY MEALS
- * BURN FAT, NOT MUSCLE

tiny meal ideas

WEIGHT-LOSS SNACKS

When you need a keto nosh, look to these low-carb foods.

BY DIANA KELLY LEVEY

Who doesn't love a snack you can look forward to later in the day? If you normally grab a carb-heavy bite—like granola bars, chips, cookies or pretzels—you might be racking your brain for how you're going to find grab-and-go foods you can eat between meals.

Many of the foods you'll incorporate into the keto meal plan can be siphoned out for snacks. All it takes is some early planning. Here are delicious ways to snack when hunger strikes on this low-carb plan.

MUNCH ON LOW-CARB WINNERS

DAIRY

- Hard-boiled eggs
- Hard cheese
- Full-fat plain or Greek yogurt
- Whipped cream
- Cottage cheese

FRUIT

- Avocados
- Berries

VEGETABLES

- Celery
- Cauliflower
- Cucumber slices
- Jicama
- Peppers

NUTS & SEEDS

- Almonds
- Macadamia nuts
- Walnuts
- Cashews
- Sunflower seeds
- Pumpkin seeds
- Flax seeds

SAVORY

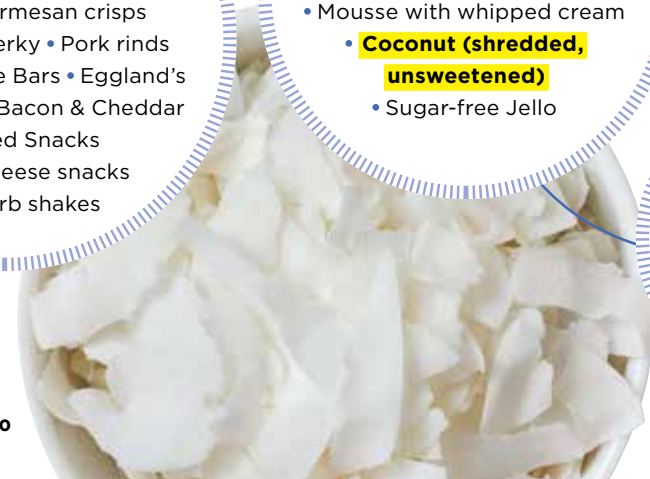
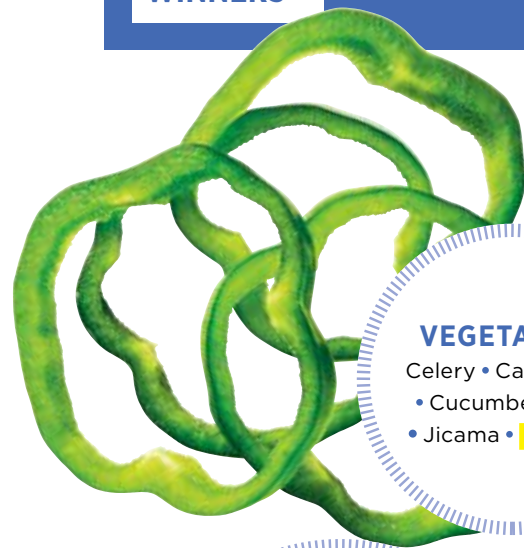
- Guacamole
- Olives
- Pickles
- Bacon-wrapped jalapeño poppers

CONVENIENCE AND PACKAGED FOODS

- Keto-friendly, low-carb protein powders
- Parmesan crisps
- Pepperoni
- Jerky
- Pork rinds
- Just the Cheese Bars
- Eggland's Best EB Snacks Bacon & Cheddar
- Seaweed Snacks
- Whisps cheese snacks
- Low-carb shakes

SWEET

- Almond butter
- Sunflower-seed butter
- Cashew butter
- Fat bombs
- Mousse with whipped cream
- Coconut (shredded, unsweetened)
- Sugar-free Jello



HOMEMADE GUACAMOLE IS A KETO FAVORITE TO DUNK VEGGIES INTO AS A SNACK OR APPETIZER.

