LOW-CARB SNACKS

A snack is anything we choose to eat between meals. We may snack because we are hungry, out of habit or it can be related to emotions such as stress or boredom, so it's worth thinking about why you're snacking and whether you're truly hungry. Traditionally, snacks are based around carbohydrate. These low-carb snacks are lower in calories and may help keep you feeling fuller for longer.

Peppers & Salsa
- 5g Carbs
- 100g
- 1g Prot
- 0g Fat
- 0g SatFat
- 2g Fibre
- 25 Cals

Olives, Feta & Veg
- 3g Carbs
- 90g
- 2g Prot
- 3g Fat
- 2g SatFat
- 2g Fibre
- 50 Cals

Roast Tofu Sticks
- 4g Carbs
- 80g
- 1g Prot
- 1g Fat
- 1g SatFat
- 1g Fibre
- 50 Cals

Mozzarella & Tomato
- 1g Carbs
- 61g
- 1g Prot
- 6g Fat
- 0g SatFat
- 0g Fibre
- 70 Cals

Celery & Nut Butter
- 1g Carbs
- 70g
- 1g Prot
- 6g Fat
- 0g SatFat
- 2g Fibre
- 70 Cals

Avocado Salad
- 5g Carbs
- 143g
- 1g Prot
- 5g Fat
- 1g SatFat
- 3g Fibre
- 70 Cals

Seafood Sticks
- 12g Carbs
- 80g
- 6g Prot
- 2g Fat
- 0g SatFat
- 0g Fibre
- 82 Cals

Blueberries
- 4g Carbs
- 40g
- 0g Prot
- 0g Fat
- 0g SatFat
- 1g Fibre
- 16 Cals

Cashew Nuts
- 2g Carbs
- 10g, 1 tbsp
- 2g Prot
- 5g Fat
- 1g SatFat
- 0g Fibre
- 57 Cals