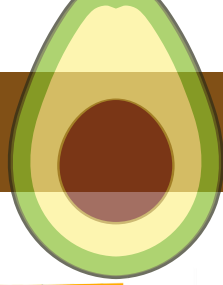


Keto snack ideas



And really, these can be combined to make a quick meal, too!



Order on Amazon for best pricing



In stores and on Amazon



Deviled eggs are fat + protein



Found in stores and Amazon



In most stores and Amazon



Any brand of dehydrated cheese is fine!



In most stores



Avocado + hot sauce + salt

Combine These Together!



If you're dairy free: find this yogurt in Kroger Marketplaces or Whole Foods. Choose PLAIN.



Fresh mozzarella, tomato slices, olive oil and basil



Charcuterie type of spread

Combine These Together!



Smoothies should always have protein and healthy fats to keep you full and satisfied.



Cheese



Veggies & Dip