



# 50 KETO FRIENDLY QUICK BITES

**MAKING THE RIGHT FOOD CHOICES IS THE FIRST STEP TO HEALTHY LIVING**

hard boiled eggs	tuna salad on tomato slice	hearts of palm
almond butter and celery sticks	shredded cheddar crisps	deviled eggs
macadamia nuts	pepperoni stick	egg salad lettuce wraps
turkey,cream cheese and pickle rolls	zucchini pizza bites	buffalo cauliflower w/blue cheese
pork rinds	cauliflower and blue cheese dip	cherry tomato, mozzarella&basil
cottage cheese and raspberries	broccoli and ranch dip	olives
coffee w/heavy cream,salt&cinnamon	avocado sprinkled with salt	olive tapenade and veg
sunflower seeds	edamame micro steamed	chicken salad
pepperoni slices and cheese cubes	tuna salad on cucumber slices	scrambled eggs with cheese
olive cream cheese mushrooms	guacamole and veg sticks	pecans and goat cheese
baked parmesan crisps	jalapeño and cream cheese poppers	pickled egg
bacon slices	little smokies	kimchi
beef/turkey jerky	bacon and cheddar zucchini bites	
bacon and cream cheese bites	zucchini chips	
pickles and cheddar cheese slices	cucumber cream cheese slices	
keto meatballs	bacon wrapped chicken bites	
Bacon,lettuce,tomato, avocado wraps	pizza stuffed peppers	
asparagus and bacon wraps	philly cheesesteak stuffed peppers	
plain full fat yogurt	celery and full fat cottage cheese	
cucumbers and ranch dip	cream cheese and celery	
berries and heavy whipping cream	string cheese	
deli meat	sundries tomato and feta cheese cube	

