

100 Keto Snack Ideas

1. Greek Olives, Italian Spices and Olive oil
2. Bacon Pieces glazed with sugar-free maple syrup
3. Two slices of tomato with 1 oz of smoked Gouda cheese
4. Kale Chips / Wraps / Boats with chopped veggies and dip
5. Dill Pickles and Cheddar Cheese Slices
6. Veggies and Dip: guac, salsa, nut butters, ranch, cream cheese
7. Lettuce Wraps stuffed with cream cheese and veggies
8. Avocado Slices sandwiched between slices of bacon
9. Roasted Cauliflower with melted cheese or Ranch dip
10. Bell Pepper Half stuffed with pizza toppings
11. Freshly chilled [Two Carb Side Salad](#)
12. Cucumber Spinach Smoothie (blend 2 handfuls of spinach, 3 oz cucumber, 10 ice cubes, 4 tbsp cream, 1 tsp coconut oil, stevia)
13. Avocado Fries crusted with Parmesan cheese
14. Zucchini Slices / Chips topped with bacon and cheddar
15. Roasted Garlic Cloves in olive oil
16. Black Olives stuffed with Feta
17. Red Bell Pepper Wedges stuffed with cream cheese
18. Watermelon seeds (these are 75% fat)
19. Baked Seasoned Veggie Chips
20. Celery Sticks with cream cheese, almond butter or Ranch
21. Mozzarella Tomato Basil Sandwich (slice of tomato and basil leaf between two slices of mozzarella cheese)
22. Zucchini Chips (slice thin, blot, brush with olive oil, season, bake at 235 F for 90-120 mins)
23. Green Bell Pepper filled with Philly cheese-steak toppings
24. Cauliflower Crisps (smashed and baked cauliflower)
25. Roasted Pumpkin Seeds
26. Cucumber Slices dipped in ranch or blue cheese
27. Jar Salad (chopped veggies, dark greens with lemon and olive oil, layered in a jar)
28. Garlic Roasted Edamame
29. Zucchini Pizzas (pizza toppings on baked zucchini slices)
30. Avocado, Tomato Slice and Mayo
31. Broccoli and Cheese Dip (add cream for a soup)
32. Slice of [Soul Bread](#) with cream cheese, grass-fed butter, avocado mash or melted cheese.
33. Hot or cold [Stuffed Mushroom Caps](#)
34. Bacon and Cream Cheese Bites
35. Crock Pot Meatballs with spices and herbs
36. Meatballs dipped in melted cheese
37. Hard Boiled Eggs
38. BLT Wraps (bacon and tomato wrapped in lettuce)
39. Grilled Bacon Asparagus Bundles
40. Little Smokies with cheese or sugar-free barbecue sauce
41. Individually wrapped [Bacon Meat Bars](#)
42. Sliced Salami, Pepperoni and Provolone
43. Beef, Chicken or Turkey Jerky
44. Prosciutto (or ham) on zucchini slices
45. Bacon Strips dipped in nut butter
46. Steamed and Chilled Cajun Shrimp
47. Sliced Chicken, Salsa and Melted Hot Pepper Cheese
48. Grilled Fajita Strips (eat as-is hot or cold, or top a salad)
49. Pork rinds with basil pesto
50. Brie Cheese Wedges with chopped almonds or walnuts
51. Chicken Breast Chunks dipped in spicy mustard
52. Smoked Salmon with Cream Cheese
53. Tuna on Tomato Slices with dark greens, olive oil, lemon
54. Boiled or Steamed Shrimp with lemon and butter
55. Crushed pork rinds with salsa and avocado
56. Butter-Fried Macadamia Nuts (in a skillet)
57. Bacon Pieces dipped in cheese, salsa or guacamole
58. Cheeseburger sliders with lettuce leaf buns
59. Bacon-Wrapped Artichoke Hearts
60. Mug of bone broth with chopped veggies
61. Two Scrambled Eggs and grass-fed butter
62. Antipasto: single servings or skewers
63. Stuffed [Buttery Crepes](#) (with protein, veggies, cheese)
64. Hamburger Patty with salsa and melted cheese
65. Scoop of Tuna / Chicken / Egg Salad with chopped veggies
66. Pepperoni Sticks wrapped with sliced mozzarella
67. Chicken or Steak and Bacon Jalapeno Poppers
68. Pepperoni Slices and Cheddar Cheese Cubes
69. Turkey, Swiss and Bacon Roll-Ups
70. Stuffed Deviled Eggs
71. Pork Rinds from the bag or seasoned
72. Cheese Crackers (small 2" piles of shredded cheese on parchment paper, microwave 1 min, cool until crispy)
73. Baked [Cauliflower Parmesan Oregano Chips](#)
74. Macadamia Hummus and veggies
75. Mini Veggie Quiche or [Mushroom Muffins](#) or Veggie Quiche
76. Sunflower Seeds and dark chocolate chips
77. String Cheese
78. Nut Butter (almond, sunflower, macadamia)
79. Flax Crackers with rosemary and olive oil
80. Salted Nuts: pecans, almonds, macadamias, walnuts
81. Chocolate Coconut Mousse (whipped unsweetened coconut cream and cocoa powder)
82. Hot Mug of [Bulletproof Coffee](#)
83. Sugar-Free Jello Cup
84. Mascarpone and Strawberries, Raspberries, Blackberries
85. Unsweetened Almond or Coconut Milk with vanilla
86. Lemon, lime or orange zest Meringue Cookies
87. Two Squares of Dark Chocolate (or 2 tbsp of chips)
88. Bacon Strips sprinkled with cinnamon and stevia
89. Berries and Whipped Cream (raspberries, blackberries)
90. Sugar-Free Pudding and vanilla whipped cream
91. Sweet or Savory [Fat Bombs](#)
92. Frozen Mocha Latte (coffee, heavy cream, cocoa powder, 2 tsp coconut oil, blended with crushed ice)
93. Toasted Shredded Coconut
94. Bulletproof Tea
95. Berries and Coconut Cream
96. Blueberry Butter on Toasted [Soul Bread](#)
97. Mini Cheesecake (mix then chill: lemon zest, vanilla, cream cheese, stevia to taste)
98. Frozen cups of Sugar-Free Jello / Pudding
99. Toasted Coconut Flakes drizzled with dark chocolate
100. One-Minute Chocolate Mug Cake