

On the Regular Carb days, you can incorporate 1-2 servings per day of the following snacks. Make sure to stick to recommend portions sizes on the packages. You may also continue any of the low carb snack options on these days.

- KIND'S MAPLE GLAZED PECAN BAR
- SMALL APPLE W/ ALMOND BUTTER
- HEALTH WARRIOR CHIA BAR COCONUT
- DANG COCONUT CHIPS
- LARABAR CRUNCHY NUT & SEED GLUTEN FREE BAR, MAPLE CINNAMON W/ SPROUTED CHIA SEEDS
- THE LAUGHING COW CHEESE DIPPERS, SWISS GARLIC & HERB
- ALTER ECO DARK CHOCOLATE COCONUT CLUSTERS
- PERFECT KETO BARS
- CHIA SEED PUDDING
- RICE CAKE W/ ALMOND BUTTER
- AVOCADO TOAST
- RICE CAKE W/ AVOCADO
- 1 CUP STRAWBERRIES, RASPBERRIES, OR BLACKBERRIES
- HIPPIE SNACKS CAULIFLOWER CRISPS OR AVOCADO CRISPS
- ½ GRAPEFRUIT
- JILZ CRACKERS
- FLACKERS
- 1/2 CUP BLUEBERRIES