Complementary Blog Post: 3 Tips to Switch to a Low Carb Diet

Subject: Low Carb Snack Ideas That You’ll Love

[firstname],

Switching from a regular diet to a low carb diet can be difficult. You’re not sure what you can have and what is against the guidelines. Your goal is to cut back on high carb foods or completely eliminate – this includes bread and pasta.

Here are a X low carb snack ideas that you can easily fix ahead of time. They are low carb and high in protein.

Nuts

Most people believe that nuts are not good for you because of the high fat contain, but this couldn’t be farther from the truth. Nuts also pack quite a punch with the protein. Protein is important in low carb diets.

Eggs

Boil a few eggs for a quick snack. You can easily pack these in your bag or take eat them in the car with you.

Don’t like boiled eggs? Try a mini-quiche. To make these the first thing you’ll do is turn the oven on to 350 degrees, then put vegetables in a pan and start sautéing them. This could be a combo of anything you’ve got in the fridge – bell peppers, spinach, broccoli.

While the veggies are getting soft, get your eggs ready by mixing them up. Once your vegetables are ready, put them in the bowl with the eggs. Then you’re going to pour the mixture into cupcake tins and bake them in the oven for 15 to 20 minutes (or until they are done).

These make a breakfast on the go that not only has the protein of the egg, but you’ll get a portion of your daily vegetables as well.

Cheese

Don’t eat too much because of the fat content, but cheese also makes an on the go snack. You can either purchase it in individual packs to make it easier on yourself or you can cut it up and put it in Ziplock bags or a small storage container.

Pepperoni

You can find pepperoni in packages down the deli aisle. This is a great snack to take with you. Add a little bit of the cheese to create a variety.

To make sure that your portion sizes are correct prep this snack ahead of time by putting them in the snack pack plastic bags. Only take one out at a time.

If you need more help switching to a low carb diet. Check out the blog post that is on the blog all about this topic.

LINK

Low carb does take some getting used to, but once you figure out what you can have it gets easier.

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