

Low Carb Snack Ideas Under 200 Calories (Free PDF)

Starting a low carb diet doesn't mean giving up on your favorite snacks. In fact, the right choices can help you stay full, energized, and on track with your weight loss or health goals. These Low Carb Snack Ideas Under 200 Calories are designed for busy people who want easy, tasty, and satisfying snack options without guilt. Whether you're following a low carb lifestyle, keto plan, or just trying to make better choices, these snacks will fit perfectly into your day.

Every snack listed below includes clear calorie counts, benefits, and quick preparation ideas. Plus, you'll find a free downloadable Low Carb Snack PDF at the end — perfect for shopping, meal planning, or printing out for your fridge.

1. Greek Yogurt with Berries – 150 Calories

Greek yogurt paired with berries makes a creamy, refreshing, and nutrient-rich snack. This snack provides protein to support muscle recovery and antioxidants that fight inflammation. Choose plain, unsweetened Greek yogurt and add 5–6 fresh strawberries or blueberries for natural sweetness.

💡 Benefits: High in protein, low in sugar, boosts digestion and keeps you full longer.

💡 Tip: Add chia seeds for extra fiber and omega-3 benefits.

2. Boiled Eggs with Avocado Slices – 180 Calories

Two boiled eggs paired with half an avocado offer a perfect mix of protein and healthy fats. This simple snack helps balance blood sugar and keeps energy steady throughout the day. Add a pinch of black pepper or paprika for extra flavor.

💡 Benefits: Rich in omega-3 fatty acids and essential amino acids that support brain health.

💡 Tip: Prepare ahead by boiling eggs for the week and storing them in the fridge.

3. Cheese Cubes with Cucumber Sticks – 160 Calories

For a refreshing and quick snack, pair cheese cubes with crisp cucumber slices. This

combination offers hydration, calcium, and healthy fats to sustain energy. Opt for mozzarella, cheddar, or Swiss cheese for best taste and nutrition.

💡 Benefits: Supports bone health, keeps hunger under control, and provides steady energy.

💡 Tip: Use reusable snack containers for portion control and freshness.

4. Turkey Roll-Ups – 170 Calories

Turkey roll-ups are an ideal grab-and-go low carb snack. Simply roll two slices of lean turkey breast around cucumber or cheese sticks and secure with a toothpick. These are high in protein, satisfying, and perfect for office or travel.

💡 Benefits: Low sugar, high protein, and promotes muscle maintenance.

💡 Tip: Use low-sodium turkey slices to reduce water retention.

5. Mixed Nuts – 190 Calories

A handful of mixed nuts like almonds, walnuts, and cashews provides a healthy dose of good fats, fiber, and minerals. Perfect for an afternoon pick-me-up or post-workout snack.

💡 Benefits: Improves heart health, reduces cravings, and supports brain function.

💡 Tip: Stick to one ounce (25g) to stay under 200 calories.

6. Celery with Peanut Butter – 180 Calories

Crunchy celery paired with peanut butter delivers fiber, protein, and satisfaction. Use natural peanut butter without added sugar for the healthiest version.

💡 Benefits: Great balance of fiber and fat to maintain fullness and stabilize blood sugar.

💡 Tip: Try almond butter or sunflower seed butter for variety.

7. Tuna Lettuce Wraps – 160 Calories

Tuna lettuce wraps are light yet filling. Mix canned tuna with Greek yogurt, lemon juice, and pepper, then wrap it in romaine or butter lettuce leaves.

💡 Benefits: High in omega-3 fats, supports heart health, and is rich in lean protein.

💡 Tip: Choose tuna packed in water for lower calories.

8. Cottage Cheese with Cinnamon – 140 Calories

A bowl of cottage cheese sprinkled with cinnamon and stevia is a deliciously sweet and high-protein snack. It helps reduce cravings and supports muscle recovery.

💡 Benefits: Excellent calcium source and perfect for post-workout recovery.

💡 Tip: Add a few crushed walnuts for a crunchy texture.

9. Apple Slices with Almond Butter – 190 Calories

Crisp apple slices with almond butter give a mix of fiber, vitamins, and healthy fats. This snack satisfies your sweet tooth while keeping you full for hours.

💡 Benefits: Boosts metabolism, supports heart health, and prevents sugar spikes.

💡 Tip: Use green apples for lower sugar content.

10. Mini Smoothie – 200 Calories

Blend a mini smoothie with almond milk, spinach, avocado, and a scoop of protein powder. It's an energizing, portable snack ideal for mornings or after workouts.

💡 Benefits: Packed with antioxidants, protein, and healthy fats for sustained energy.

💡 Tip: Add collagen powder for extra skin and joint benefits.

Daily Snacking Tips

- Keep your snacks between 100–200 calories to maintain steady energy without overindulging.
- Choose whole, unprocessed foods over packaged ones.
- Balance protein, fiber, and healthy fats in every snack.
- Drink plenty of water or green tea to stay hydrated and reduce cravings.

Download Your Free PDF

Download the Free PDF version of “Low Carb Snack Ideas Under 200 Calories” — featuring a printable grocery list, calorie chart, and portion guide. Perfect for meal prepping and tracking your daily intake.

Final Thoughts

Healthy snacking doesn't have to be complicated. With these Low Carb Snack Ideas Under 200 Calories, you can enjoy tasty, convenient options that support weight loss, improve focus, and fuel your day. Start small, plan ahead, and stay consistent — your body will thank you.