

keto*-friendly lunch boxes

Spice up your lunch with our favorite dietitian-approved tips to build the best keto*-friendly lunchbox.

Breakfast Style Berry Yogurt Parfait Box

- :ratio Food KETO*-Friendly Yogurt Cultured Dairy Snack, Vanilla & Granola
- 1 oz Almonds
- 1/2 Cup Raspberries

Net Carbs: †10G; Sugars: 8G; Protein: 22G; Total Fat: 32G

Registered Dietitian Nutritionist Tip: Using your favorite air tight containers, pack your raspberries and almonds separately so they maintain texture when you're ready-to-eat. Place a paper towel at the bottom of your raspberry container to absorb extra moisture.

Protein Packed Crudites Box

- :ratio Keto*-Friendly Chocolate Nut Chewy Bar
- 1/2 Cup Sliced Carrots
- 1/2 Cup Sliced Cucumbers
- 3 oz Plain Greek Yogurt
- 1 Teaspoon Ranch Mix
- 1/4 Cup Cheddar Cheese

Net Carbs: †13G; Sugars: 8G; Protein: 27G; Total Fat: 23G

Registered Dietitian Nutritionist Tip: Don't shy away from your favorite dry dip mixes. These make a great swap when mixed with plain Greek yogurt to create your own better-for-you dips that work great with your favorite lower carb veggies.

Low-Carb Cobb Salad Wrap

- :ratio Keto*-Friendly Chocolate Brownie
- 1 Low-Carb Tortilla
- 1 Cup Smashed Avocado
- 1 Slice Cheddar Cheese
- 1 Cup Romaine Lettuce
- 2 Tomato Slices
- 2 oz Deli Turkey
- 1 Sliced Hard Boiled Egg

Net Carbs: †14G; Sugars: 6G; Protein: 34G; Total Fat: 34.5G

Registered Dietitian Nutritionist Tip: Prepare the wrap ahead of time, assembling with the mashed avocado against the tortilla to help hold the other ingredients in place. Wrap tightly from the outer tortilla edge inward in foil, and then cut in half and store in an airtight container until ready to eat.

Deconstructed Salmon Salad

- 3 oz Canned Salmon
- 1 Cup Smashed Avocado
- 1 oz Plain Greek Yogurt
- 1 Cup Grape Tomatoes
- 1 oz Baked Cheese Crisps

Net Carbs: †8G; Sugars: 2G; Protein: 34G; Total Fat: 27G

Registered Dietitian Nutritionist Tip: Canned salmon is a great addition to a keto*-friendly diet. In comparison to other seafood choices on the market, canned salmon is one of the lowest mercury choices.