

Deli Area Meats and Cheeses: usually found in the packaged lunchmeat, hot dogs and bacon section

Panino Pepperoni Wrapped Mozzarella Cheese; 2 carbs per serving  
Panino Hard Salami Wrapped Mozzarella Cheese; 2 carbs per serving  
Panino Prosciutto Wrapped Mozzarella Cheese; 2 carbs per serving  
Panino Variety Pack; 2 carbs per serving  
The Laughing Cow Cheeses; Swiss, Swiss Garlic and Herb, Spicy Pepper Jack; 1 carb per serving  
Babybel Cheese; White Cheddar, Original, Mozzarella; 0 carbs per serving  
Land O Lakes Mild Cheddar and Colby Jack Cheese; 0 carbs per serving  
Sargento String Cheese; 0 carbs per serving  
Sargento Sharp Cheddar Cheese Sticks; 0 carbs per serving  
Cheese Heads String Cheese; <1 carb per serving  
Private Stock Sharp Pimiento Cheese; 1 carb per serving (would be very good with celery sticks or pork rinds)  
Pawleys Island Palmetto Cheese; 0 carbs per serving (would be very good with celery sticks or pork rinds)  
Philadelphia Original Cream Cheese; 2 carbs per serving  
Rotisserie Chicken  
Deli Snackers Rotisserie Seasoned Chicken Breast; 1 carb per serving  
Deli Snackers Black Forest Ham; 1 carb per serving  
Hormel Pepperoni Snack Stix; 0 carbs per serving  
Hormel Pepperoni 2 pouches; 0 carbs per serving  
Cheese Heads Colby Jack & Turkey Sticks; 0 carbs per serving for cheese and 1 carb per serving for turkey

Jerky; usually in the aisle near nuts. Jerky is a tricky one. The first choice has the best ingredients and carb count. The others are not the best choices but many eat them. The serving size on the first is 25 grams (1 stick), just a bit less than 32 grams (4 sticks) on the other two.

Beef Sausage Snack Sticks; <1 carb per serving

Slim Jim Original Smoked Snack Sticks; <5 carbs per servings

Great Value Snack Sticks; 4 carbs per serving

Nuts and Seeds; the bigger, cheaper by the ounce bags are usually with baking and the others would be in the nuts/snacks aisle.

Diamond Shelled Walnuts; 2 net carbs per serving

Fisher Pecan Halves; 1 net carb per serving

Fisher Whole Natural Almonds; 2 net carbs per serving

Emerald 100 Calorie Packs of Natural Almonds; 2 net carbs per serving

Emerald 100 Calorie Packs of Dry Roasted Almonds; 2 net carbs per serving

Mauna Loa Dry Roasted Macadamias; 2 net carbs per serving

Dakota Style Sunflower Kernels; 2 net carbs per serving

Vegetables; usually right as you walk in the door

Wholly Guacamole minis; Classic or Spicy; 2 net carbs per serving

Precut Market side Cauliflower or Broccoli Florets; varies

Premade salads; Not all are low carb/Keto! The Ranch Cobb Salad is a good choice; 2 net carbs per serving (Note that there are 4.5 servings in the container!)

Ready to eat Celery Sticks; 0 net carbs per serving

Cans and packets of meat; in the canned meat aisle. Do note that some flavors will have more carbs than others. Also, if you buy a can, make sure it has a flip top opening if you don't have a can opener in your car or desk drawer. Grab a pack of plastic forks too! These are great with a little mayo, put on a salad or eaten right out of the packet or can.

### Packets

Starkist Tuna Creations; Bacon Ranch; 2 carbs per serving  
Starkist Tuna Creations; Hot Buffalo Style; 0 carbs per serving  
Starkist Tuna Creations; Ranch; <1 carb per serving  
Starkist Tuna Creations; Lemon Pepper; .5 carbs per serving  
Starkist Tuna Creations; Herb & Garlic; 1 net carb per serving  
Starkist Tuna Creations; Hickory Smoked; 0 carbs per serving  
Starkist Ready to Eat Tuna Salad; 2 net carbs per serving  
Starkist Pink Salmon; .5 carbs per serving

### Cans

Starkist Solid White Albacore Tuna; 0 carbs per serving  
Starkist Chunk Light Tuna; 0 carbs per serving  
Bumble Bee Premium Albacore in Water; 0 carbs per serving  
Chicken of the Sea Pink Salmon; 0 carbs per serving  
Bumble Bee or Great Value White Crab Meat; 0 carbs per serving  
Bumble Bee or Great Value Shrimp; 0 carbs per serving  
Pampa Giant Calamari; 0 carbs per serving  
Great Value Fully Cooked Roast Beef; 0 carbs per serving  
Butterfield Farms Diced Ham; 1 carb per serving  
Great Value Chunk Chicken Breast; 0 carbs per serving  
Any of the plain meats are great!

## Protein Bars and Shakes; usually in the pharmacy area

Muscle Milk Shakes; 3 net carbs per serving

Premier Protein Shakes; 3 net carbs per serving

Quest Bars; Carbs may vary by flavor; most are about 5 net carbs

Atkins Shakes and Bars; they vary by product too. Find each [HERE](#) if you would like to know before you go.

## Drinks

Mio Electrolytes to add to a water bottle; 0 carbs per serving

Propel packets; 0 carbs per serving

Powerade Zero; <1 carb per serving

LaCroix Sparkling Water; 0 carbs per serving

Sparkling Ice or Walmart Brand Clear Ice; <1 carb per serving

## Other

Hard Boiled Eggs, some are near the packaged deli meats and some are near the eggs; <1 carb each

Whisps, usually near the deli department; 1 carb per serving

Snack Pack Juicy Gels, on the shelf near packaged puddings; <1 carb per serving

Oh Snap! Dilly Bites, near packaged deli meats; 0 carbs per serving

Pork Rinds, in chip aisle; usually 0 carbs per serving but some flavors have carbs.

Natural Olives Pitted Green Olives, on the bottom shelf with pickles and olives; <1 carb per serving

Pearls Olives to Go, on the bottom shelf with pickles and olives; 1 carb for black olives, 0 carbs for green olives