



Keto-Friendly High-Protein Snacks

CORYN SMITH

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CORYN SMITH WELLNESS

21 TASTY, KETO-FRIENDLY, LOW-GLYCAEMIC RECIPES

Welcome to this collection of **21 delicious keto-friendly snacks**! These recipes are all designed to be **low-glycaemic**, satisfying, and quick to make, making them perfect for beating that 3pm energy dip. You'll find a mix of **seafood and meat-based options**, with easy swaps for dairy-free alternatives if needed.

A BIT ABOUT PROTEIN

As we move through **perimenopause**, getting enough protein becomes even more essential. During this time, we need **adequate protein** to support **hormonal balance**, maintain muscle mass, and keep our **metabolism** working efficiently. Unfortunately, many women don't get enough protein, especially when we skip meals or rely on quick, carb-heavy snacks.

Aim for around **100 grams of protein per day** to help support your body's needs as it transitions through **perimenopause**. These high-protein snacks will make it much easier to hit that goal without feeling deprived or rushed.

SUPPORTING WOMEN'S HEALTH AND HORMONAL BALANCE

As we transition through **perimenopause**, which can span up to 10 years, our bodies start to process food differently. **Blood sugar regulation** becomes more challenging, and our **metabolic window** shrinks. What worked for us in our 20s or 30s might not feel the same now. That's why it's so important to **nourish your body with whole foods**—plenty of protein, healthy fats, and nutrient-dense options—to support your **hormonal health** and **regulate blood sugar levels** more effectively during this phase of life.

SNACK PREP TIPS

Do you ever get caught out, reaching for something less nourishing when hunger hits? I know I do! Being prepared is key. I find it helps to keep ingredients on hand so these snacks are always within reach. Many of these recipes are quick and simple, but only if you're stocked up. Each recipe is listed with a single serving in mind, but feel free to scale it up. Prepping ahead is a lifesaver—having snacks ready to go will help you stay

on track, even on your busiest days.

A BIT ABOUT SNACKING

Some of us snack too much, and some of us do really well on three meals a day—but this takes time to build up to. If you're **metabolically compromised**, it can be hard to stick to just three meals a day. So, this collection is a **bridge** into that, offering you some great **high-protein options** for snacking that will keep you satisfied and nourished.

Another thing to consider is **where you're at in your cycle**. At certain points in the month, you might find yourself hungrier and needing more food in general—and that's totally normal. This is where the habit of choosing snacks like these really helps. Instead of going straight for high-refined carbs when cravings hit, you'll have **nutrient-dense** snacks that support your **energy** and **hormones**.

LOOKING TO GO DEEPER WITH YOUR NUTRITION?

If you're feeling called to go further with your **hormonal health** and **nutrition**, check out my **meal plans**, which were created to support **women's health**.

It's designed specifically for women in **perimenopause** and beyond to help you find your balance and vitality again.

I hope you enjoy these tasty, simple, and **hormone-supporting snacks**, perfect for **boosting energy** and **balancing blood sugar**—especially when those 3 pm energy dips hit.

Coryn x
Naturopath

Smoked Salmon & Avocado Cucumber Bites

1 SERVING 5 MINUTES



INGREDIENTS

1/4 Cucumber (large)
1/4 Avocado (mashed)
85 grams Smoked Salmon
1/2 tsp Capers
1/16 tsp Sea Salt

DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 In a small bowl, mash the avocado with a fork.
- 03 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

NOTES

LEFTOVERS

Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

MORE FLAVOR

Add spices like chili flakes, cayenne or black pepper.

MAKE IT VEGAN

Omit the smoked salmon and use hemp hearts on top instead.

Smoked Salmon Cottage Cheese Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Cottage Cheese
1/4 Cucumber (medium, diced small)
1 1/2 tsps Capers (sliced)
1 1/2 tsps Shallot (finely sliced)
1 tbsp Pumpkin Seeds (toasted, chopped)
1 tsp Everything Bagel Seasoning
99 grams Smoked Salmon

DIRECTIONS

01 Divide the cottage cheese into bowls. Top with the remaining ingredients and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPINGS

Try with fresh herbs like dill and/or chives.

EVERYTHING BAGEL SEASONING

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Salmon Cucumber Bites

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Plain Greek Yogurt
1/4 Cucumber (sliced)
50 grams Smoked Salmon (sliced)
1/8 tsp Black Pepper

DIRECTIONS

01 Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

NOTES

NO GREEK YOGURT

Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.

Smoked Salmon Lettuce Rollup

1 SERVING 5 MINUTES



INGREDIENTS

1/8 head Green Lettuce
1 1/2 tbsps Cream Cheese, Regular
30 grams Smoked Salmon (sliced)
1/4 Cucumber (sliced in quarters)

DIRECTIONS

- 01 Spread the cream cheese evenly onto the lettuce leaf.
- 02 In the center of the leaf, add the smoked salmon. Top with the sliced cucumber.
- 03 From the bottom of the lettuce leaf, roll up. Slice the roll in half, serve on a plate and enjoy!

NOTES

LEFTOVERS

This is best enjoyed immediately after making.

SERVING SIZE

One serving size is equal to one lettuce wrap.

MORE FLAVOR

Add in chopped dill and capers for extra flavor.

Cucumbers & Salmon Dip

1 SERVING 5 MINUTES



INGREDIENTS

106 grams Canned Wild Salmon (drained)
2 tbsps Plain Greek Yogurt
1 1/2 tsps Fresh Dill (chopped)
1/16 tsp Sea Salt
1/2 Cucumber (large, sliced)

DIRECTIONS

- 01 Combine the salmon, yogurt, dill, and salt in a food processor and blend until smooth.
- 02 Serve the salmon dip with the cucumber slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1/3 cup.

DAIRY-FREE

Use vegan mayo or coconut yogurt.

MORE FLAVOR

Add lemon juice and zest.

ADDITIONAL TOPPINGS

Cilantro and/or sliced green onions.

Sardine & Avocado Endive Wraps

1 SERVING 5 MINUTES



INGREDIENTS

85 grams Sardines (packed in oil, drained)
1/2 Avocado (cubed)
1/2 head Endive (leaves separated)

DIRECTIONS

- 01 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 02 Fill each endive leaf with the sardine avocado mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately three endive-filled leaves.

ADDITIONAL TOPPINGS

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

NO ENDIVE

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

Sardine Spread with Cucumbers

1 SERVING 5 MINUTES



INGREDIENTS

85 grams Sardines (in oil, drained)
1 1/2 tbsps Mayonnaise
2 1/2 tbsps Apple Cider Vinegar
1/2 Cucumber (sliced)

DIRECTIONS

- 01 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 02 Serve alongside cucumber slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one cup.

MORE FLAVOR

Add black pepper or your choice of fresh or dried herbs.

NO CUCUMBERS

Use bell pepper slices, carrot sticks, celery sticks or crackers instead.

Cucumber Tuna Bites

1 SERVING 5 MINUTES



INGREDIENTS

1/2 can Tuna (flaked and drained)
1 tbsp Mayonnaise
1/2 Cucumber (large, sliced into rounds)

DIRECTIONS

- 01 Add the tuna to a small bowl with the mayonnaise and mix together.
- 02 Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate leftovers separately in a sealed container up to three days.

MORE FLAVOR

Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

ADDITIONAL TOPPINGS

Top with some sprouts or microgreens.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Tuna & Tomato Yogurt Lettuce Wrap

1 SERVING 10 MINUTES



INGREDIENTS

1/2 can Tuna (drained)
1/2 Tomato (medium, diced)
1/4 cup Parsley (chopped)
1 tbsp Plain Greek Yogurt
1/4 head Iceberg Lettuce (small, leaves pulled apart)

DIRECTIONS

01 Mix the tuna, tomatoes, parsley, and yogurt until combined. Spread the lettuce leaves with the mixture and roll up tightly. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to one lettuce wrap.

MORE FLAVOR

Add fresh herbs like basil and chives.

ICEBERG LETTUCE LEAVES

Cut off the bottom end of the head of the lettuce and gently peel the leaves to maximize the surface area.

DAIRY-FREE

Use mayonnaise or coconut yogurt instead of Greek yogurt.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Celery, Tuna & Cream Cheese

1 SERVING 5 MINUTES



INGREDIENTS

1/2 can Tuna (drained)
1 1/2 tbsps Cream Cheese, Regular
1 stalk Celery (leaves removed, cut into sticks)

DIRECTIONS

01 Mix the tuna and cream cheese until well combined. Spread the mixture over each celery stick, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one celery with approximately 1/3 cups tuna mix.

MORE FLAVOR

Add sea salt and black pepper, green onions, and/or fresh herbs.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Avocado & Mustard Tuna Hand Rolls

1 SERVING 10 MINUTES



INGREDIENTS

1/2 can Tuna (drained)
1/2 tsp Ground Mustard
1 1/2 tps Mayonnaise
1/2 Avocado (medium, sliced)
1/2 stalk Green Onion (sliced)
1 Nori Sheets (quartered)

DIRECTIONS

- 01 Mix the tuna, ground mustard, and mayonnaise together.
- 02 Divide the avocado, tuna mixture, and green onions between the nori sheets. Roll each nori sheet into a hand roll. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is four nori wraps.

NO GROUND MUSTARD

Use wasabi paste, prepared horseradish and/or hot sauce.

CANNED TUNA

One can of tuna equals 165 grams or 5.8 ounces, drained.

Prosciutto Wrapped Avocado

1 SERVING 10 MINUTES



INGREDIENTS

21 grams Prosciutto
1/2 Avocado (sliced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Slice the prosciutto pieces in half. Wrap one piece around one slice of avocado. Repeat until all of the avocado slices are wrapped.
- 02 Top with sea salt and black pepper. Enjoy!

NOTES

LEFTOVERS

These are best enjoyed the same day. For best results, slice the avocado just before enjoying.

SERVING SIZE

One serving is approximately four prosciutto-wrapped avocado slices.

MORE FLAVOR

Add garlic powder.

ADDITIONAL TOPPINGS

Chopped walnuts and/or sesame seeds.

MAKE IT VEGAN

Wrap seaweed around the avocado instead of prosciutto.

Beef Jerky

1 SERVING 2 MINUTES



INGREDIENTS

57 grams Beef Jerky

DIRECTIONS

01 Serve and enjoy!

NOTES

LEFTOVERS

Refer to the package of the beef jerky for storage instructions.

Roast Beef & Pickle Rollups

1 SERVING 5 MINUTES



INGREDIENTS

1/3 cup Pickle (halved lengthwise)
43 grams Deli Roast Beef

DIRECTIONS

01 Wrap each pickle half in a slice or two of deli roast beef. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one rollup.

MORE FLAVOR

Add a bit of mayonnaise.

ADDITIONAL TOPPINGS

Add mixed greens or sprouts.

Roast Beef, Cheddar & Cucumber Plate

1 SERVING 10 MINUTES



INGREDIENTS

43 grams Deli Roast Beef
1/8 Cucumber (medium, sliced)
28 grams Cheddar Cheese (cubed)
3/4 cup Mixed Greens
1/2 tsp Extra Virgin Olive Oil
1/8 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Arrange the roast beef, cucumber, cheese, and mixed greens onto a plate.
- 02 Drizzle the oil and lemon juice on top of the mixed greens. Season the greens and cucumber with salt and pepper. Combine the ingredients into mini meat wraps or enjoy as is!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add veggies like carrots and avocado to the plate.

Salami, Tomato & Cheese Skewers

1 SERVING 5 MINUTES



INGREDIENTS

38 grams Salami, Mild (thick, sliced)
19 grams Cheddar Cheese (sliced)
1/3 cup Cherry Tomatoes
1 Barbecue Skewers (small or cut)

DIRECTIONS

01 Divide the salami, cheese, and tomatoes evenly between the skewers.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is two six-inch (15 cm) skewers.

Salami & Pickle Rollups

1 SERVING 5 MINUTES



INGREDIENTS

28 grams Cheddar Cheese (sliced)
57 grams Baby Pickles
32 grams Salami, Mild

DIRECTIONS

01 Add a slice of cheese and a pickle onto each slice of salami. Roll and secure with a toothpick. Repeat until all of the ingredients are used up. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately three rollups.

DAIRY-FREE

Use a dairy free cheese instead.

Edamame & Pepperoni Snack Plate

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Edamame Pods
28 grams Cheddar Cheese (cubed)
28 grams Pepperoni (stick, chopped)
1/2 Avocado (medium)
1/2 tsp Everything Bagel Seasoning
1 tsp Lime Juice
1/4 tsp Sea Salt (flaky)

DIRECTIONS

- 01 Cook the edamame according to the package directions.
- 02 Add the cooked edamame to a plate along with the cheese, pepperoni stick, and avocado.
- 03 Season the avocado with everything bagel seasoning. Top the edamame with lime juice and salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Cut the avocado just before enjoying.

NO LIME JUICE

Use lemon juice instead.

Bacon, Feta & Tomato Egg Muffins

12 SERVINGS 30 MINUTES



INGREDIENTS

6 slices Bacon (chopped coarsely)
6 stalks Green Onion (chopped)
1/3 cup Feta Cheese (crumbled coarsely)
1/4 cup Basil Leaves (whole)
1 cup Cherry Tomatoes (halved lengthways)
6 Egg (Large)
1/2 cup Whipping Cream

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Grease or line a muffin tray or use a silicone muffin tray.
- 02 Cook the bacon in a frying pan over medium heat, stirring for five minutes or until crisp. Add the green onions and cook, stirring for another two minutes or until the onion is soft. Drain on a paper towel and set aside.
- 03 Divide the bacon mixture, feta cheese, basil, and tomatoes evenly between the cups of the prepared muffin tray.
- 04 Whisk the eggs and the cream together and pour into the muffin tray.
- 05 Bake for 18 to 20 minutes or until a thin-bladed knife inserted into the center comes out clean. Let the egg muffins cool slightly before removing them from the tray. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

SERVING SIZE

One serving is equal to one egg muffin.

Keto Snack Plate

1 SERVING 5 MINUTES



INGREDIENTS

21 grams Prosciutto
56 grams Cheddar Cheese (sliced)
1/4 Cucumber (sliced)
1/4 cup Green Olives

DIRECTIONS

01 Assemble all ingredients onto a plate. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Omit the cheese or use nuts and seeds instead.

NO PROSCIUTTO

Use another type of deli meat.

Sliced Meat with Arugula & Parmesan Salad

1 SERVING 5 MINUTES



INGREDIENTS

113 grams Sliced Turkey Breast
57 grams Salami, Mild
1 cup Arugula
2 tbsps Parmigiano Reggiano (shaved)
1 tsp Extra Virgin Olive Oil
1/2 tsp Lemon Juice
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Add the turkey, salami, and arugula to a plate. Add the parmesan to the arugula, then drizzle the oil and lemon juice on top of it.
- 02 Season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is one cup of salad with meat.

NO ARUGULA

Use other greens like baby spinach or mixed greens.