

Snack: Keto Guacamole with Veggie Sticks

Ingredients:

- 2 ripe avocados
- 1 lime, juiced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- Salt to taste
- Veggie sticks (celery, cucumber, bell pepper)

Instructions:

1. In a bowl, mash the avocados until smooth.
2. Add lime juice, red onion, cilantro, and salt. Mix well.
3. Serve the guacamole with veggie sticks.

Macros (per serving):

- Calories: 200
- Fat: 18g
- Protein: 2g
- Carbs: 12g
- Fiber: 8g
- Net Carbs: 4g