

SUPER BRAIN

P R O G R A M

Quick Snack List



The goal of this section is to give you a low-carb, ketogenic guide to traditional snack foods. Remember, we are minimizing our exposure to all grains, corn, peanuts, soy, sugars, vegetable oils (corn, soy, safflower, cottonseed, canola, peanut) and commercialized animal products. We are also minimizing net carbs (overall carbohydrates – fiber).

We have many recipes in the Super Brain recipe book that are great alternatives to modern American foods. However, we realize that not everyone is going to make chips, cookies and crackers from scratch. Therefore, we put together this list to help you navigate the best alternatives on the market. This is just a starter list, I am sure there are many other good alternatives out there.



AMERICAN FOODS

REPLACEMENT FOODS



Potato Chips



[Sea Vegetable Snax](#)



[Brad's Raw Chips](#)



[Coconut Flakes](#)



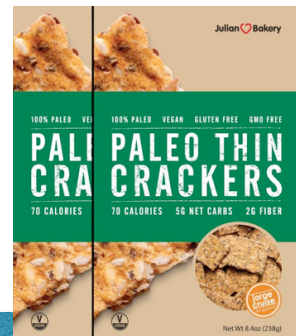
Crackers



[Lydia's Green Garden Sprouted Crackers](#)



[Flackers Flaxseed Crackers](#)



[Paleo Thin Crackers](#)

AMERICAN FOODS



Cookies

REPLACEMENT FOODS



Good Dee's
Chocolate Chip
Cookie Dough Mix



Paleo Cookies



Laura's Paleo
Brownie



Coconut Flour Wraps



Turmeric Coconut
Wraps



Moringa Coconut
Wraps



Coconut Flour Wraps



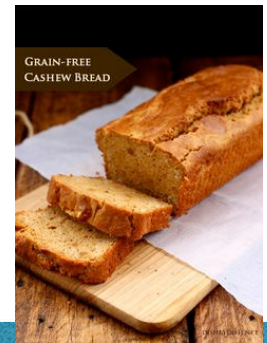
Bread



Coconut Flour Bread



Pizza Crust



Cashew Crème
Bread

AMERICAN FOODS



Mayonnaise

REPLACEMENT FOODS



Primal Oil Avocado Oil Mayonnaise



Chipotle Lime Mayo



Grass-Fed Ghee



Mustard



Portland Yellow Mustard



Tree of Life Stone Ground Dijon Mustard



Honey Mustard



Protein or Snack Bars



Chocolate Almond



Macadamia Nut Collagen Bar



InstaKetones Bar

AMERICAN FOODS



Beef Jerky

REPLACEMENT FOODS



[Graze Bars](#)



[Grass-Fed Beef Sticks](#)



[Sogo Snacks](#)



Nuts & Seeds



[Go Raw Sprouted Pumpkin Seeds](#)



[Food To Live® Macadamia Nuts \(Raw\)](#)



[Go Raw Live Sprouted Seeds](#)



Raw Chocolate



[Navitas Naturals Organic Cacao Powder](#)



[Natierra Organic Cacao with Maca](#)



[Healthworks USDA Certified Organic 100% Raw Cacao Nibs](#)

AMERICAN FOODS



Nut Butters

REPLACEMENT FOODS



Maranatha Organic Creamy Peanut Butter



Maranatha Creamy Almond Butter



Maranatha Coconut Almond Butter



Herbal Tea



Matcha Tea Powder



Gymnema Tea



Dandy Blend



Herbal Tea



Dandelion



EveryDay Detox Tea



Ginger Tea

REPLACEMENT FOODS



Coffee



[Fat Fuel Coffee](#)



[fatCoffee](#)



[Bulletproof Coffee](#)



Keto Drinks



[Keto Cocoa](#)



[Golden Tea](#)



[Beef Bone Broth](#)



Salad Dressings



[Primal Ranch](#)



[Greek](#)



[Green Goddess](#)

AMERICAN FOODS



REPLACEMENT FOODS



Keto Sweeteners

[Keto Maple Syrup](#)

[Monk Fruit](#)

[Vanilla Stevia](#)



Keto Snack Support

[Energy Packets](#)

[Mito Mix Bars](#)

[Keto Crave Energy Bars](#)



Baked Goods

[Keto Pancake Mix](#)

[Keto Chocolate Bars](#)

[MCT Oil Powder](#)

AMERICAN FOODS



Keto Dried Veggies

REPLACEMENT FOODS



[Dry Riced Broccoli](#)



[Dry Riced Cauliflower](#)



[Kale Chips](#)



Keto Pasta and Rice



[Shirataki Fettuccini](#)



[Shirataki Angel Hair](#)



[Shirataki Rice](#)



Keto Testing Kits



[Blood Strips \(Gold Standard\)](#)



[Ketonix](#)



[Urine Strips](#)