



Late night low carbohydrate snacks for athletes

1. [Cottage cheese](#).
2. A cup of [cottage cheese](#) with about a half a scoop or your favorite whey protein and a splash of water to help with desired consistency.
3. Sugar free pudding with about a half a scoop of low carbohydrate whey protein with a splash of water to help with desired consistency.
4. Sugar free tapioca with low carbohydrate whey protein – about a half a scoop.
5. [Cottage cheese](#) with some kind of sugar free flavoring mixed in.
6. Raw Walnuts and Raw almonds soaked in water up to three or four hours prior to eating.
7. [Almond Butter](#) with chocolate low carbohydrate whey protein mixed in on a stick of celery.
8. Chocolate low carbohydrate whey protein blended with water.
9. Sugar free jello with a protein snack.
10. A rolled up piece of cheese with turkey or roast beef, one or two servings.
11. Cheese.
12. Some kind of lunch meat turkey is the best.
13. Cheese or meat with hummus spread placed on it.
14. Canned tuna or canned chicken with any type of spice or additive as long as it is low carbohydrates- 1 tablespoon light mayo could also be added.
15. String cheese.
16. Beef jerky with low carbs.
17. Hard boiled eggs.
18. Low carbohydrate protein bars – the net Carbs is what counts , try to stay below 5 net carbs.

Middle of the night option - Another trick is if you wake up at night after 3 or 4 hours sleep, have a glass of water with amino acids tablets or desiccated liver tablets beside the bed to take fat loss and workout recovery.