



## Low Carbohydrate Salads

Low carbohydrate eating is a new lifestyle that many are choosing. Yet, it can be challenging as you begin your journey to a new way of eating. Whether you are watching your carbs or looking for something everyone can enjoy, Mrs. Gerry's offers a variety of items that are great tasting and have 10 grams of carbs or less per serving.

### Proteins

- Chicken Salad
- Egg Salad
- Homestyle Egg Salad

### Per Serving:

Total Carbs – 9 g  
Total Carbs – 8 g  
Total Carbs – 7 g

### Marinated

- Edamame Salad

### Per Serving:

Total Carbs – 10 g

### Dips & Spreads

- Brie & Blue Spread
  - Cranberry Spread
  - Garlic & Herb Spread
  - Medium Salsa
  - Old Fashioned Dill Dip
  - Old Fashioned Spinach Dip
  - Peppadew & Cheddar Spread
  - Pumpkin Spread
  - Southwestern Dip
  - Spinach Artichoke Dip – Heat & Serve
  - Sun-Dried Tomato & Smoked Fontina Spread
- Total Carbs – 1 g  
Total Carbs – 6 g  
Total Carbs – 1 g  
Total Carbs – 2 g  
Total Carbs – 2 g  
Total Carbs – 2 g  
Total Carbs – 3 g  
Total Carbs – 8 g  
Total Carbs – 2 g  
Total Carbs – 2 g  
Total Carbs – 2 g

### Kits

- Seven-Layer Salad Kit (Prepared Kit Recipe)
- Total Carbs – 7 g