HOW TO EAT ON THE GO

Containers

Carry Food With You: Cooler bags, ice packs, glass jars, stainless steel meal containers
Recommendations On Amazon:
https://kit.co/creationpeak/eating-on-the-go

TIP: Best for car, day travel, hotel and just being away from home in general

Food

Snacks (airplane friendly): Jerky, nuts & seeds, coconut chips, roasted seaweed, protein bars, chocolate (see all food options on the Snacks List Page 2)
Supplements: MCT oil, protein powder

TIP: search "travel" on Thrive Market for more on-the-go options:
https://creationpeak.com/tm

Keto Coffee + Tools

Coffee: Cold brew with MCT oil and collagen (or just MCT oil), coffee K cups

Tools: Travel kettle, handheld milk frother
Recommendations On Amazon:
https://kit.co/creationpeak/eating-on-the-go