



# KETO-GREEN<sup>®</sup> ON THE GO CHECKLIST

Stay Keto-Green when you are traveling. I created this checklist to help you stay healthy and enjoy yourself on the go. When you go into your trip prepared, you will feel better about your food choices leaving more time to just enjoy.

1. Stay hydrated between meals and when changing climates. (Cold conference rooms can even affect your hydration.)
2. Prepare snacks or meals in small baggies in advance.
3. Pack plenty of alkalizers, greens, healthy fats, and protein snacks.

## SUPPLIES

- Snack baggies for all the goodies listed in the grocery list below.
- Protein and green powders like my Keto-Green chocolate protein shake mix or Keto-Alkaline protein shake divide into small baggies (optional mix in chia and flax seeds).
- Don't forget Mighty Maca Plus stick packs!
- Water bottle (optional: add flavor like with fresh cranberries or lemon slices).
- Optional: shaker bottle.

## GROCERY LIST

- Pumpkin seeds
- Mixed nuts such as brazil nuts, almonds, cashews, hazelnuts, pistachios
- Nut butter
- Grass fed beef jerky
- Grass fed turkey jerky
- Salmon jerky
- Canned wild caught salmon
- Canned tuna
- Keto-Green approved shake mix
- Hard boiled eggs
- Cheese
- Coconut oil
- Multi-seed crackers

## ALKALINIZER

- Carrots
- Broccoli
- Celery
- Mighty Maca travel packs
- Seaweed (dried)
- Single serving quac packs
- Single serving hummus packs
- Miso soup mix (just add hot water, good for flights)

Extras: Foods can be black sometimes while eating out, take a small container of your own seasoning to spruce it up! One suggestion is mixing Himalayan sea salt with cracked pepper and coriander.