

# SUMMER FOOD TIPS

Ketogenic Woman

Eat Well. Be Satisfied. Live Life.



## ROAD TRIPS (ITEMS CAN BE BROUGHT IN A COOLER AND/OR PURCHASED ON THE WAY!)

- Pop-open canned sardines, beef or even Spam!
- Boiled eggs, cheese slices, Cheesewiches, meat sticks
- Rotisserie chicken
- Fast food beef patties (Macdonalds, Wendy's)
- Purse bacon!



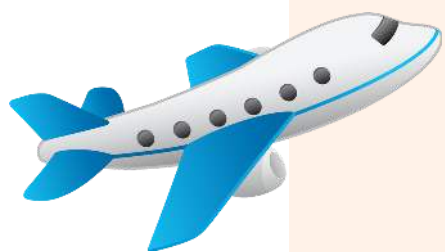
## MOTELS AND HOTELS

- Most have small fridges and microwaves
- Replenish the ice for your coolers in ziploc bags
- Check out the free breakfasts for boiled eggs and plenty of bacon
- Avoid their scrambled eggs and omelets



## FLIGHTS

- Avoid the airport options, too many temptations
- Pack Carnivore Bars or your own meal depending on airlines, destinations, etc
- Eat before you go and consider fasting



## VISITS, GATHERINGS AND COOKOUTS

- Bring a large plate of something YOU can have
- Oven crisp bacon, devilled eggs, thin sliced roast beef, meat crackers
- Eat before you go! AND still bring something!
- Avoid alcohol



Mindset is the key ingredient to success. If you don't think you will be able to do it, you probably won't.

But if you can get connected to **WHY** you are doing this, then **nothing will stop you!**