

Keto to go...

These are some great things to take with you to help keep you on track while traveling!

OILS

[Bulletproof MCT Oils and Brain Octane Travel Packets](#)

[MCT Oil Packets](#) – Packet of 15

[Coconut Oil Packets](#) – Trader Joe's also has these

[Extra Virgin Olive Oil](#)



VITAMINS

[Our Online Vitamin Store](#)

[Fasting Trio](#)

[Bind](#)

TREATS

[Emmy's Organics Chocolate Coconut Cookies](#) – (Costco)

Individually wrapped, a little higher in carbs, but a good grab and go snack.



[Fbombs](#) – We recommend an assorted pack of the 4 flavors. They are delish and can really fill the need for a fatty snack. Vitamin Shoppe has some flavors.

[Unreal Dark Chocolate Coconut Bars](#) – Nice treat if you need something sweet. Tastes like a Mounds bar, but healthier!

[Ketomanna](#) – Very chocolatey and yummy. Add some nut butter and ghee for a powerhouse boost of fat!

[Nut Butter Travel Pack](#)

ELECTROLYTES

[The Spice Lab Pink Himalayan Sea Salt Packets](#)

[Ultima Electrolyte Powder Travel Pack](#)



EQUIPMENT

[Handheld Milk Frother](#) – Great to pack if you want to whip up a fatty coffee on the go.

MORE OF OUR FAVORITES

[Camano Island Coffee Roasters](#)

[Dry Farm Wines](#)

[Keto Mojo](#)

[Nick's Sticks](#)

[My Green Fills Laundry Wash](#)

