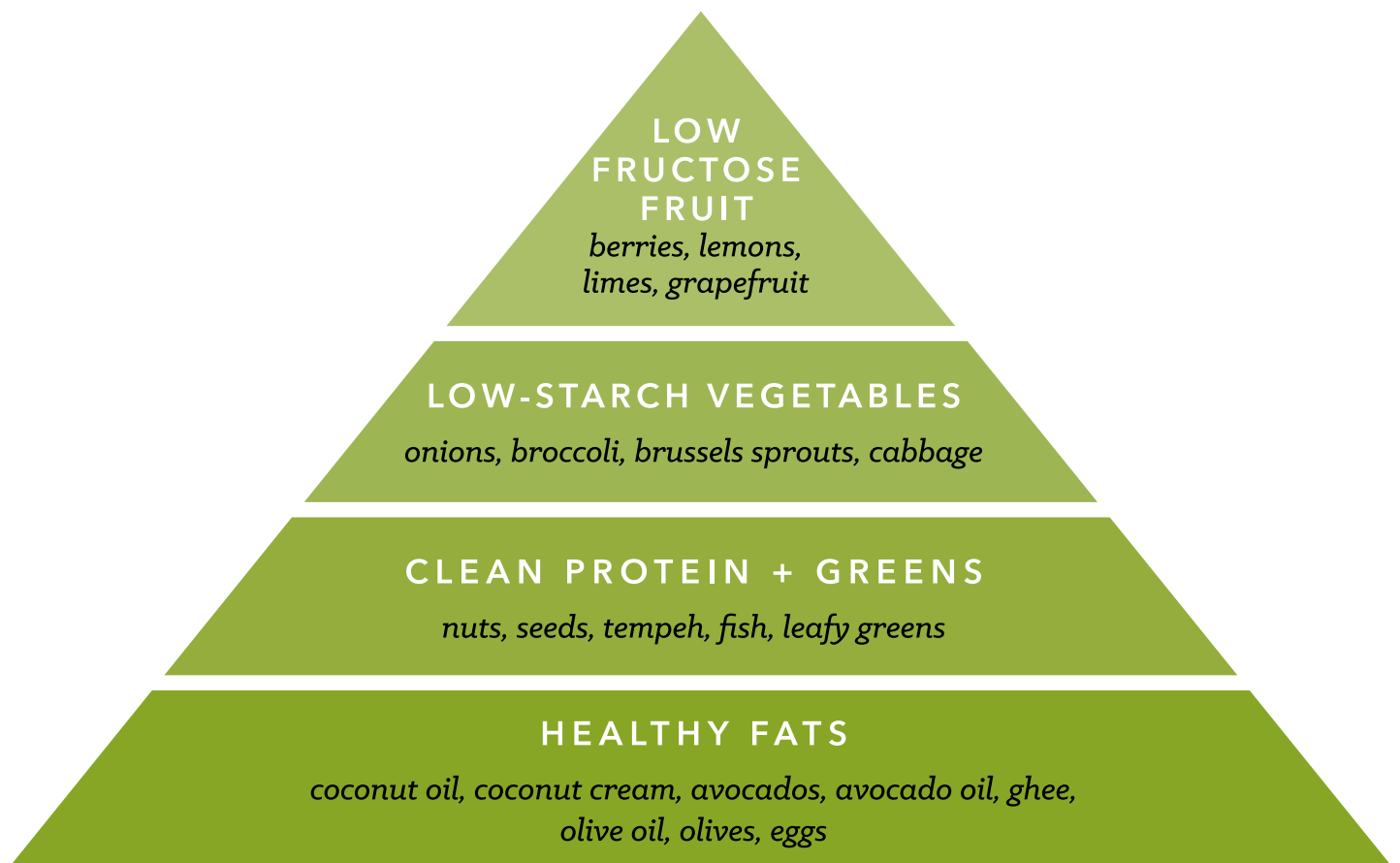


ketotarianisms

1. Eat real food.
 2. Keep your carbs low.
 3. Keep your healthy fats high.
 4. If you eat a nonstarchy vegetable, add some healthy fats.
 5. If you eat a healthy fat, add some nonstarchy vegetables.
 6. Eat when you are hungry.
 7. Eat until you are satiated.
-

the ketotarian triangle



ketotarian on-the-go

Whether you're on vacation, on the road, having a busy day, or just looking for something quick and convenient, look no further. Here are some ideas for easy snacks to have on hand. There are a lot of great brands on the market today that offer these options, some of which are listed in the [ketotarian approved product discount code list](#), making the ketotarian lifestyle easier than ever before.



Shredded coconut with your favorite nuts



MCT or coconut oil in tea, coffee, water, or smoothies



Marine collagen in tea, coffee, water, or smoothies



Coconut cream with berries



Hard boiled eggs



Grain-free granola



Avocado halves (you can salt, pepper, and drizzle with oil)



Pickles



Canned salmon



Olives



Chia seed pudding



Flax crackers



Almond flour crackers



Pumpkin seeds



Canned tuna



Canned sardines



Seaweed snacks



Canned oysters



Tigernuts



Fat bombs



Almond butter on celery



Single serving packets of almond butter, coconut oil, or avocado oil



Salmon jerky