

PREVIEW_ EP2 Traveling - Low-carb tips (Sthlm 2019)

Adele Hite: I think part of the anxiety that maybe people on low-carb diets have when they're traveling is like, "Oh, no, when is my next meal going to be?" And if you've got a little stash of mac nuts, you're good.

Anne Mullens: So you've got a big airplane trip coming up; how are you going to keep keto? We thought we'd all get together and gave you some tips of how to keep keto while traveling. We hope you'll find them helpful.