

Keto Foods for Hurricane Prep

Store In the Cooler

Water (filtered, bottled, club soda, seltzer, etc.)
Brewed Coffee or Cold Brew Coffee
Cooked meat (bacon, burgers, lunchmeat, chicken, etc.)
Cheese, cubed or sliced for easy snacking
String Cheese
Cauliflower washed and cut
Broccoli washed and cut
Celery washed and cut
Cucumbers washed and cut
Summer Squash, peeled and cut
Zucchini, peeled and cut
Radishes washed and cut
Bagged salad (or pre-cut salad)
Ranch dressing
Heavy Whipping Cream (for coffee, if desired)
Coconut Milk
Almond Milk
Pickles
Olives
Hard-boiled eggs

No Refrigeration before eating

Pepperoni
Summer Sausage
Nuts
Seeds
Avocado
Canned meats (tuna, chicken, etc.)
Meat pouches (tuna, chicken, etc.)
Protein Bars (Quest, etc.)
Individual Protein Shakes (Premier Protein, etc.)
Nut Butters (almond/cashew/unsweetened peanut/etc.)
Pork rinds
Beef Jerky