



## Travel Friendly Food

Travel food isn't glamorous, in fact, the best travel food is plain, simple, and repetitive. Remember your goals, and stay focused. You can travel and eat clean, while staying on plan.

### Air Travel

Wraps  
Salads in bags/containers  
Sliced Meats  
Sliced raw veggies  
Apples - whole, not sliced (no fruit can be "open")  
Almonds  
Protein Powder in baggies for shakes  
Oatmeal baggies (1/2 cup dry oatmeal, 1 scoop (20g protein) protein powder, 2 Tbsp ground flax, cinnamon)  
Empty water bottle - fill on the other side of security  
No ice packs! Pack baggies, and once you're through security get ice from one of the restaurants. Replace the baggies every few hours. (double bag for leak - safety!)

### Airport Food

[Starbucks - Check out their nutritional info to find the best options for you.](#)  
*Research other airports and view their "concessions" online. Determine who has*

TSA page: <http://www.tsa.gov/travelers/airtravel/holiday.shtm>

### Land Travel

Hard boiled eggs  
Wraps  
Salads in bags/containers  
Sliced Meats  
Sliced raw veggies  
Apples  
Almonds  
Protein Powder in baggies for shakes  
Oatmeal baggies (1/2 cup dry oatmeal, 1 scoop (20g protein) protein powder, 2 Tbsp ground flax,  
Canned/Packets Tuna (in water) - *depending on the company, remember, fish is not odorless.*

### Hotel Stay

Canned/Packets Tuna (in water)	Pre-cooked chicken
Hard boiled eggs	Tortillas for wraps
Sliced raw veggies	Shredded cabbage/lettuce for wraps & salads
Raw almonds	Newman's Own Oil & Vinegar dressing
Apples, blueberries, grapefruit	Cooked Shrimp
Oatmeal baggies	Hummus w/raw veggies
Protein Powder for shakes	Low-Sodium Deli Meat (ie Applegate farms)

## Travel Tips

**Oatmeal:** It's easy to make oatmeal in a hotel room with the coffee pot. Just run water through it, pour your oatmeal baggie into a coffee cup, add the boiling water, stir. Allow it to sit for a minute or two, then enjoy.

**Protein Shakes:** While we shouldn't rely on protein powder, in a pinch, it sure comes in handy! Have baggies with your serving size of powder in them handy. When you need a shake, simply snip off the corner of the baggie, add to your water bottle, shake and drink.

**Hard Boiled Eggs:** Pick up a pack of pre-boiled, shelled eggs at Trader Joes or the like. You can always discard extra yolks (ie 2 eggs, 2 egg whites only mixed with mustard and placed in a wrap with salad - just toss the extra 2 yolks).

**Research local grocers around your destination.** Know where you can buy your clean eats when you arrive. Look for seasonal produce, easy proteins, and be very watchful of your carbs. It's too easy, when traveling, to end up disproportionate in your nutrients.