

Healthy Travel List

Healthy eating when you're living out of a suitcase.

all available at everyday food stores.

Proteins

- ☐ Beef Jerky
- ☐ Chopped Chicken
- ☐ Deli Sliced Roast Beef
- ☐ Salami Slices
- ☐ Salmon Packets
- ☐ Tuna Packets

For Small Cravings

- ☐ Coconut flakes
- ☐ Larabars
- ☐ Moxie Crunch
- ☐ Paleo Krunch bar
- ☐ Paleo Stix
- ☐ Sea Snax
- ☐ Sexy Olive Mix
- ☐ Various Nuts
 - ☐ Almonds, Brazil nuts, Cashews, Chestnuts, Hazelnuts, Macadamia nuts, Pecans, Pine nuts, Pumpkin seeds, Sunflower seeds, Walnuts, etc

Add More Flavor

- ☐ Almond Butter
- ☐ Cinnamon
- ☐ Fresh Squeezed Lemon Juice
- ☐ Macadamia Nut Hummus
- ☐ Olive Oil

Vegetables

- ☐ Broccoli
- ☐ Butter Leaf Lettuce
- ☐ Carrots
- ☐ Celery
- ☐ Cucumber
- ☐ Edamame
- ☐ Kale Chips
- ☐ Olives
- ☐ Pre-packaged Salads
- ☐ Red Pepper Sticks
- ☐ Seaweed Chips
- ☐ Zucchini

Fruits

- ☐ Apples
- ☐ Avocados
- ☐ Bananas
- ☐ Dates
- ☐ Oranges
- ☐ Mixed Berries
- ☐ Tangerines

Thirsty?

- ☐ Coconut Water
- ☐ Lemon Juice
- ☐ Protein Powder
- ☐ Water

Quick Tips

- ☐ There is no such thing as bringing too many zip-loc bags. It keeps your veggies fresh.
- ☐ A deli will generally slice anything for you free of charge.
- ☐ Be sure to stay hydrate. Traveling can be very wearing on the body, but hydration will make recovery much easier.

Need a quick meal?

Easy on-the-go recipes.

The zip-loc will come in handy.

Tuna-Up

- ☐ Tuna
- ☐ Broccoli (or your choice of mixed greens)
- ☐ Lemon Juice.

Place your tuna over your choice of greens.
Just top it off with lemon juice!

Roast Beef Wrap

- ☐ Sliced Roast beef
- ☐ Avocado
- ☐ Red Pepper Sticks
- ☐ Zip-loc

With a piece of deli roast beef, spread one slice of avocado, fill with one red pepper stick and roll up. Repeat until you fill a zip-loc for well timed snacks.

Mix it up!

- ☐ Broccoli
- ☐ Chopped Chicken
- ☐ Zip-loc

Get creative! Find your own favorite protein and vegetable mix up.

Salmon Salad

- ☐ 2 Salmon Packets
- ☐ Avocado
- ☐ Butter Leaf Lettuce
- ☐ Cucumber (sliced or chopped)
- ☐ Lemon Juice

First, mix the lemon juice with the salmon. Then, mix with the butter leaf lettuce, avocado and cucumber.

Quick Balanced Meal

- ☐ Salami Slices
- ☐ Celery Sticks with Hummus
- ☐ Handful of your favorite nuts

Dessert Anyone?

- ☐ Dates
- ☐ Almond Butter

Go ahead and spread the almond butter on the dates.

Notes: