

## Travel Nutrition

With a little pre-planning, you can stay on top of your nutrition when you are on the road or in the air. For those managing a lack of regularity or energy, or even managing food intolerances packing some basic provisions can be a game changer. Here's a few tips to take better care of yourself when traveling:

- At minimum, pack a quart size bag with a protein bar, packet of trail mix, ground flax seed, raisins, nut butter, tuna, chia seed blend (see below), green, black or herbal tea bags, and even Stevia packets.
- Have an airport plan: food vendors are listed on airport websites; check them out before hand or on the way to the airport...get familiar with concourses you frequent.
- Drink plenty of water. This means about three to four 16 oz. water bottles per day for most people.
  - Take an empty BPA-free plastic or stainless steel bottle to fill at the airport.
  - Or set a reminder to purchase water at the airport.
- Use room service or Instacart at your hotel!
  - Order healthy options from room service, stop at a local store, or use delivery services.
  - Yogurt, string cheese, cottage cheese, hummus, hard boiled eggs, sushi
  - Baby carrots, cherry tomatoes, celery, crudités from room service or Starbucks
  - Grapes, banana, apples, berries
- Choose healthier restaurants---even when entertaining guests.
  - Have a main dish salad at lunch or dinner each day.
  - Skip the starch...at dinner choose chicken or fish and vegetables.
  - Order a side of asparagus, brussel sprouts or grilled veggies as an appetizer.
  - Limit alcohol to one drink: order a tall, a spritzer, or sip for dessert

### 1 Gallon Zip Lock Bag

Pack a well stocked 1-gallon zip lock bag in your suitcase.  
Or use a quart size for carry-ons with only 3-4 items for each travel day.

- Protein Bars
- Tea Bags: green, black, herbal
- Chia Hemp cereal
- Oatmeal
- 2-3 packets protein powder
- Flax Packs - individual packets flax seed
- Trail Mix packets
- Box of raisins or other dried fruit
- Dark chocolate squares
- Almond butter or peanut butter
- Tuna packet
- Turkey jerky
- Whole grain crackers
- Fork, spoon, knife, napkin

Nice for late arrivals when options limited:

- 1-2 slices gluten free/Paleo bread
- Tuna packet—travels flat
- Almond or peanut butter packet
- Protein powder-to mix into
- Boxed protein drink

## Simple breakfasts: Pack it, Pick up or

- Nuts, fresh fruit
- Coconut water, kale, pear, chia, ginger....whip in blender or single serve blender
- Almond or cashew butter on whole grain or gluten-free toast, with apple slices, cinnamon
- Hardboiled/poached egg, banana, toast
- Chicken or fish, miso soup, brown rice
- Yogurt, nuts, flax seeds, berries



**Make Ahead Chia Hemp Mix**---travels light and small. Add 1 Tbsp. dry milk or protein powder to the mix for an easy 'just add water' option. Can also be made ahead for a quick breakfast before your trip.

300 calories

8 g protein

9 g fiber

2 T. chia seed

1 T. hemp seed

1 T. slivered almonds

1 T. ground flax seed

½ c. milk (or milk of choice)

Stir seeds and nuts together. Stir in milk thoroughly. Allow to sit for 5-10 minutes. Add sliced banana or berries and enjoy!

Makes 1 serving.

## Healthy options at Starbucks

- Yogurt and Fruit
- Bars
- Spinach Feta Breakfast Wrap (290 cal)
- Protein Bistro Box (370 cal)
- Omega 3 Bistro Box (420 cal)
- Oatmeal, nuts, fruit ( about 300 cal)
- Veggie and Brown Rice Salad  
(420 cal)
- Zesty Chicken and Black Bean Salad (360 cal)
- Egg Salad Sandwich less 1 slice bread