



## **Healthy Travel Fare & Simple Crockpot Cooking at Home**

I have had my fair share of travelling during my time as a consultant, so I totally empathize with the hectic schedule there! If there was a way to bring along the comforts of home cooked food while on the road, it would make a huge difference to the traveller's sanity and stomach, I think! I actually use my crockpot and toaster oven exclusively to cook with, makes my life so much simpler! I know you can't travel with a crockpot in tow :) but it may help make things easier at home. See further below for some simple crockpot cooking ideas. More to follow on this at a later date. The idea on both of these items is to make life simpler so that the transition from traveling to time at home is a much more fluid and seamless one.

### **Healthy Travel Fare (No Cook & Quick Cook Food Ideas)**

When you do your shopping, for staying on a budget and also for keeping healthy, try to stay in the produce and bulk food sections for shopping mostly so you keep to a reasonable budget :) The packaged stuff gets expensive fast and is not as solid a value nutritionally as the basics (rice, beans, oats, nuts, seeds, fruits, veggies, spices, etc). You can usually find most of these items at the local grocery store where you are staying, or take them with you before you leave on your trip. Be mindful of customs for international travel - best are grains like oatmeal and couscous, and dried spices, perhaps dried fruits and nuts also, check first though to be sure!

For your travels, you can do a lot with organic quick or whole rolled oats or couscous (tiny wheat pasta). They are super light, can get through customs fairly easily, are versatile for both sweet and savory dishes, and soothing to the tummy weary of road food! Just add hot filtered water (get from a coffeeshop or run water through hotel room coffee maker - do this a few times before using the water to get the coffee taste out), let sit, and it's ready in a few minutes. You can also use cold soy/almond/coconut milk with the oatmeal, if you don't have access to hot water. This will fill you up all day if you use enough nuts/seeds or beans/other protein addition. Sweeten with dried or fresh fruit if a sweet dish.

For a savory dish, you could try organic oats or couscous with sesame/olive/coconut oil, sea salt, cumin seed + organic celery, cucumber, tomatoes, or avocado + sunflower seeds/flax seeds/almonds/cashews or even cold tofu or tempeh for protein. Makes a super easy and satisfying hot meal anywhere. Add in the fresh ingredients after the couscous or oatmeal has soaked up the hot water. For a sweeter dish, try organic fresh or dried fruits, raw nuts/seeds, coconut/soy/almond milk (optional), cinnamon, sea salt.



Good no-cook vegan protein sources are pre-cooked beans/lentils/split peas (I prefer to avoid canned but if necessary, is an option), raw nuts & seeds, extra firm plain tofu (I eat cold like cheese with sea salt and olive/sesame/coconut oil), tempeh (made from brown rice and soy, good used in stir fries or on salads, can eat cold as is already cooked). Also good are cooked quinoa, and even some whole unprocessed grains like oats, wheat, farro, barley.

Organic bananas and brown/white rice, oatmeal, other whole cooked grains, quinoa with raw almonds or cashews, sesame or coconut oil, cinnamon, and sea salt provide a quick, high energy meal, great if you are doing alot of physical work or need a long burning fuel in your system. Also good is beans and rice with veggies, or hot oatmeal with nuts and fruits. For supper, brown rice (cook, then add in @ end - olive oil, spinach, sea salt, and tofu or flax seed) is very settling for the nerves! :)

Some good high energy on the go snacks are dried fruits like dates, figs, apricots, and raisins, and raw organic nuts and seeds like cashews, walnuts, brazil nuts, almonds, hazelnuts and sunflower seeds.

Some veggies that travel well with minimal refrigeration and maximum shelf life are organic celery, cucumber, baby carrots, cabbage (cut into chips and dip into sauces or eat with nuts/seeds). Fruits that travel well are bananas, apples, oranges, less ripe pears & avocados (technically a fruit!),

### **Simple Crockpot Cooking @ Home**

You can use whole organic yams/sweet potatoes/potatoes/carrots or other root veggies (beets, rutabagas, parsnips, etc) or even winter squash (seeded and cut into large chunks). There is no need to peel anything since it's organic, though cut off any bad spots. Add a cup or two of dried lentils, split peas, mung beans, or other dried beans, cover with lots of filtered water plus extra couple inches water, cook on high for 4-6 hours, then turn off and let cool a bit. Add organic sesame/coconut/olive oil & sea salt to taste, cumin seed or other spices if desired. You can also add in some chopped spinach or other greens to individual portions if desired (this helps avoid the vegetable battle in the home!). Super yummy & warming!

If some of your kids / family members prefer lentils or potatoes or other items, just give them more of those items from the crockpot - this is easy to do since they are cooked whole. You can also use rice, barley, quinoa, whole grain or steel cut oats, cooked together with any kind of bean / legume or with sweet potato, squash, yam for a sweeter dish! Add in some



cinnamon, sesame/coconut oil, sea salt at the end of cooking to each person's individual bowl so they can customize to their tastes.

The beauty of the crockpot is that you can do other things while it is cooking and not have to worry about it burning (as long as you add plenty of water!), you have only one pot to clean up, and you can cook a large or small quantity of food very easily. It took me a while to get used to having it run overnight, but now I feel totally comfortable with this - I just make sure to use lots of filtered water so it won't possibly burn. You can always drink any extra broth like a soup if you want (I like to add sea salt to this), it is good for your health!

I hope this helps a little bit for your family and your travels! I know the lifestyle is not easy but will hopefully bring some positive aspects from it all as well! I know frequent flyer miles can help for great vacation trips!

Best,

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Go Veggie Girl, LLC