



Empowering people by creating life changing habits and powerful beliefs to reach a whole new level of health and happiness

## Fun Activities for Families to Enjoy in the Car While Traveling

1. I Spy: A classic game where one person selects an object they see, and others guess what it is based on clues.
2. License Plate Game: See how many different state or country license plates you can spot.
3. Storytelling: Create a group story where each person adds a sentence or two, building on the previous person's contribution.
4. 20 Questions: Think of an object, person, or place, and others have 20 questions to guess what it is.
5. Alphabet Game: Find words on signs that start with each letter of the alphabet, going in order from A to Z.
6. Car Bingo: Make bingo cards with different landmarks, cars, animals, and signs to spot along the way.
7. Sing-Along: Create a family playlist of favorite songs and have a car karaoke session.
8. Travel Journal: Have each family member keep a travel journal, noting interesting sights and experiences.
9. Audiobooks/Podcasts: Listen to family-friendly audiobooks or podcasts that everyone can enjoy.
10. Scavenger Hunt: Create a list of items to find during the drive, such as a red barn, a bridge, or a funny billboard.
11. Would You Rather?: Take turns asking fun and silly "Would you rather?" questions.
12. Mad Libs: Fill in the blanks with random words to create hilarious stories together.
13. Map Reading: Give kids a map and have them follow along with the journey, marking off towns and landmarks as you pass them.
14. Road Trip Trivia: Prepare trivia questions about your destination or random fun facts.
15. Drawing: Bring sketchpads and colored pencils for kids to draw what they see or imagine their ideal vacation spot.
16. Snack Time: Pack a variety of snacks and have a "tasting" session, trying different treats along the way.
17. Puzzles and Riddles: Challenge each other with brain teasers, riddles, and logic puzzles.
18. Travel Games: Bring travel-sized board games or card games that are easy to play in the car.
19. Photography: Give kids a disposable or digital camera to take photos of interesting sights.
20. Relaxation Time: Play calming music and have a quiet time where everyone relaxes and enjoys the scenery.  
If your children meditate then you can do that. It's a good time to teach them why it's good for the body and mind!

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## Healthy Meals At Restaurants Cheat Sheet (1)

Many restaurants will adjust their menu and/or cooking methods if you simply ask them.

Remember, you are the customer and the one who is helping keep them in business. They want to make you happy!

### Restaurants

**Chinese** – This is a tough category since many of their sauces contain monosodium glutamate (MSG), which is an excitatory neurotoxin. MSG is also used to increased body weight in mice for obesity studies.

Ask for your meats and vegetables to be steamed and no sauces be applied. Alternatively, ask for vegetables that are less absorbent such as broccoli, snow peas and peppers and ask for light oil to be used in the preparation. Eggplant is best to be avoided since it tends to be sponge-like and absorb sauces and oils extremely well.

**Italian** – Italian food is typically very carbohydrate dense. Skip bread and choose an appetizer such as marinated vegetables or salads like an antipasto salad. When selecting your entrée skip the cream-based sauces and opt for the marinara-based ones. In terms of pasta, many places now offer gluten-free options as well as plant-based noodles such as zucchini noodles. Ask for less cheese or if given the option skip it all together. Avoid thick crust pizza and opt for the thin crust with more vegetables on top. If having dessert go with the lighter versions such as a sorbet.

**Indian** – Tandoori meats are grilled and make a great option. Kebabs are another option if available. Grab a plate of veggies and skip some (or all) of the rice. Avoid the fried items like pakora and samosas. Pass on the items that have a gravy sauce since they tend to be heavy in butter. Make sure to ask the server about the flours used in the sauces since they sometimes contain wheat flour. For those who want to skip the meat, lentils and chickpeas provide a protein option when combined together.

**Japanese** – Tempura is the equivalent of deep-frying so skip it and ask for grilled meats and veggies instead. Many places will offer reduced sodium soy sauces for dipping, but beware that some may still contain MSG so double check the ingredients. You can also get gluten-free soy sauce. Use chopsticks! Not only does the extra sauce fall off, but also using them will slow down your eating which often equates to smaller portions.

**Mexican** – Choose healthier options by avoiding the battered/fried menu items and go for grilled. Swap out the cheese and sour cream for salsa and guacamole and ditch the tortillas. Turn that taco into a salad.

**Mediterranean** – With such amazing salads as the Greek Salad, how can you go wrong eating here? Ditch the pita bread, ask for the dressing on the side so you can control the amount and if you don't tolerate dairy ask for no Feta.

**Peruvian** – Stick with grilled meats and fish, quinoa, and vegetables. Avoid the fried foods and high sugar desserts. Peruvian foods are very high in quality spices and flavor. Ceviche is a fresh quality option for an appetizer or an entrée.

**Sushi** – Stick with sushi or sashimi. Both of these contain raw fish that has been thinly sliced. Avoid any of the rolls that have tempura or fried options on top.

**Thai** – Smart choices include the summer rolls that are meat and veggies wrapped in rice paper, Satay(grilled meat skewers), hot and sour soup, and papaya salad. Cashew chicken or mixed veggies with tofu are also healthy options

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## Healthy Meals At Restaurants Cheat Sheet (2)

### Healthiest Fast Food Choices

**Chipotle** – Sustainable food choices, hormone-free meats, local produce with a customizable menu. Choose salads or hard shell tacos, skip the burritos since the large tortillas pack a hefty amount of processed carbohydrate and fats.

**Rubios** – Plenty of grilled meat/fish options and a semi-customizable menu.

**Subway** – Their salads are the healthiest option. The more veggies you eat the better.

**El Pollo Loco** - Salads and tacos al fresco.

**Burger places** – Consider swapping out the bun for a lettuce-wrapped version, ditch the fries and order a side salad, and drink water.

### Casual Dining Options

**Panera** – This restaurant has a lot to offer in terms of healthy options such as salads and lettuce steak wraps. If you are really craving a sandwich go with a half sandwich on their sourdough bread and pair it with a half salad or soup.

**Mimi's Café** – Options like their Chicken Piccata with asparagus, omelets with less cheese or any of their salads. Skip the bread and muffins provided with meals.

**Olive Garden** – Consider their apricot chicken with broccoli. If you're craving pasta go with the ravioli and skip the added cheese on top.

**Chili's** – Grab the guiltless menu and enjoy the salmon or the steak with a hearty side of vegetables.

**Applebee's** – Also has a lighter menu so order from those dishes and swap out the rice/pasta for extra veggies.

**Starbucks/Peets/Coffee Bean & Tea Leaf** – Grab yourself a cup of coffee without creamers or sweeteners. You get the full effect of antioxidants this way without the extra calories. A 12-ounce cup of black coffee contains only 5 calories. However, once sweetened and flavored that same 12-ounce cup of coffee can jump all the way up to 210 calories. Unsweetened tea is also a good option.

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## 15 Car, Airport & Hotel Room Snacks

Anything that you can get organic is best!

1. Raw, soaked and dry roasted nuts
  - a. Almonds, macadamias, cashews, mixed nuts
2. Bars:
  - a. Epic Bars (for Paleo peeps)
  - b. Vega Bars
  - c. Macro Bars
3. Seaweed Snacks
4. Mary's Gone Crackers
5. Whey or pea protein shakes + shaker & ball & water or NutriBullet blender  
(bring with to hotels)
6. Beanitos
7. Krave Jerky
8. Dark Chocolate
9. Whole Fruit (berries, apples, etc)
10. Veggie & Hummus snack packs
11. Justin's almond butter single packets
12. Hard-boiled egg
13. Avocado chunks
14. Air popped non-GMO popcorn
15. Raw coconut water

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## Top 10 Convenience Store Snacks

Desperate times call for desperate measures!

We've all been there - starving & nothing around for miles except a gas station with a Quicky Mart.

Here are some options when you're in a pinch.

1. Water. Most people think they are hungry when they are actually thirsty.  
If you know there are better options ahead, chug a bottle of water to hold off those hunger pains
2. Nuts. A small serving of nuts will give you a serving of good-quality protein and fat. Look for dry roasted varieties.
3. Fruit. Most convenience stores sell single pieces of fruit, like oranges, apples and bananas.  
Combine with a small bag of nuts you're on your way to a healthy snack!
4. Potato Chips. Yes, I did say chips but you must read the ingredients and make sure they have no hydrogenated oils, MSG or artificial ingredients. Ideally, chips are organic or non-GMO, but if you can't find those then stick to brands with ingredient lists of potatoes, oil and salt. Avoid corn chips as they are likely to contain GMOs.
5. Yogurt. Look for full-fat organic if possible. If not, just make sure the one you choose does not contain any artificial sweeteners.
6. Dark Chocolate. Look for brands that list cacao as the first ingredient (instead of sugar).
7. Hard Boiled Eggs. Packed with protein, these little guys will keep your blood sugar stable and your tummy satisfied.  
Check labels to make sure the only ingredient is egg.
8. Peanut Butter Sandwich. When all else fails, this grade school lunch staple will keep your blood sugar – and energy – rollin'.
9. Energy Bars. Avoid brands with soy protein isolate and look for brands that contain over 10 grams of whey protein, hemp protein or pea protein.
10. Healthy Caffeine. Look for unsweetened iced tea from the fountain. Add lots of ice and a lemon.  
Avoid bottled, sweetened iced teas as they contain extra sugar and chemicals.

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