

the Daily Bliss

A LIFESTYLE GAZETTE
BIMONTHLY ISSUES

BEE BLISS
LINDSEY SMITH



TRAVELING WITH DIETARY RESTRICTIONS



Hi First name / friend !

I've been allergic to gluten and dairy for a while now, but with the addition of medically being put on the AIP diet recently finding food is now much more

medically being put on the AIP diet recently, finding food is now much more challenging. One thing that has helped me when traveling is packing lots of snacks I know I can eat in case I run into the problem of not being able to eat somewhere. It's always good to bring a backpack with some snack when you travel. When packing your snacks, make sure that you bring a wide variety and have something for each macronutrient (carb, protein, fat). I love packing dates, sunflower butter, jerky, and dried fruits/veggies. I will link some of my favorite snacks down below. They're all gluten free, dairy free, and autoimmune paleo (AIP) friendly!

One thing that is super helpful when traveling is making sure that you have access to a fridge or microwave. Many times hotels will have a fridge in their rooms. Microwaves are not as often in the rooms. It's always nice to request to have a mini fridge and microwave in your room, if there isn't already one. This way, you can buy a few food items for your trip that need to be refrigerated or microwaved. For example, I love having coconut yogurt, carrots, snap peas, and sweet potatoes on hand. This helps ease the stress of the "what if I'm not able to find food I can eat?"

Another thing to mention that is extremely important is to ALWAYS talk to the chef directly about your dietary restrictions. This way the chef can best accommodate to your specific dietary needs and will ensure there's no miscommunication between the waiter/waitress and the chef, and that your order is free from the things you can't have. Sometimes, there might not be a dish on the menu that you can have, but you might notice that in one dish they use sweet potato, in another there's shrimp, and in another there's spinach. You can talk to the chef and ask if they can cook you a meal with just those three food items, and more than not, they will be able to do so. You also never know if they have something that's not on the menu. With all of that being said, it makes it so much easier to eat out when you talk to the chef!

It also helps a TON to ask for the ingredient labels, so you know if there's something in there that you can't have. Oftentimes, they will list the ingredients out for you, but they won't tell you about the gums or additives in the food item. You really need to ask them to show you the labels instead of listing the ingredients from the top of their head (a lot

of times they'll miss some of the ingredients). This is sooo important and has saved me from many upset stomachs, so never be afraid to ask the chef for the ingredient labels!

I also take enzymes with every meal, which helps break down the food and makes digestion much easier! My favorite digestive enzymes are from Nuzest (@lilsipper)! They work so well, and help me to feel much better while, and after eating!

Traveling can definitely be scary when there's a long list of ingredients that you're allergic to/make you feel bad. I completely understand! However, it's definitely do able if you go prepared and speak up about your concerns when you go out to eat! Hope this helps those of you with dietary restrictions on your travels! ❤️❤️

FAV SNACKS

01



AMAZON

CASSAVA STRIPS (SEA SALT)

These are so delicious and are a great substitute for potato chips! They are also AIP-friendly! These come in packages of 6 bags.

SHOP - \$16

TRADER JOE'S

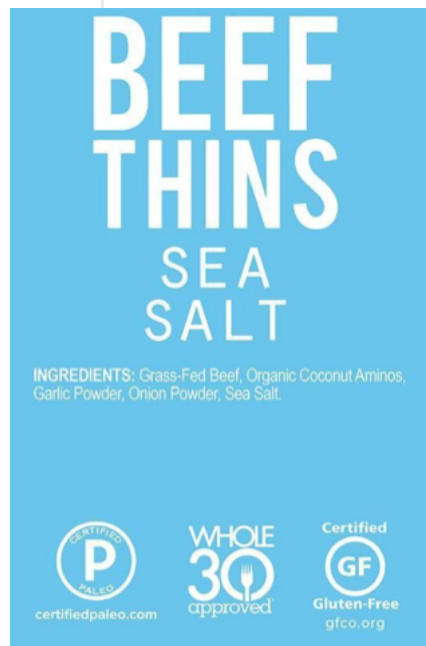
FRUIT BARS

These are perfect for when you're craving fruit but are on the go/don't have access to fresh fruit! They taste so good and only have fruit in them (no additives)! Just remember that when you eat dried fruits/veggies like this, to drink extra water so that you don't become dehydrated (dried foods tend to suck up water from your body).

SEE NEAREST TRADER
JOE'S OR AMAZON



03



AMAZON

THE NEW PRIMAL SEA SALT BEEF THINS

These are so tasty and are the perfect way to get some high-quality protein while traveling! They are AIP-friendly too! These come in 1 oz pack, 8 Pack (8 Bags).

SHOP - \$40

BANANA COCONUT PROTEIN BITES

Okay these are just really amazing. The ingredients are super simple and they give you some protein and carbs. They are perfect for travel, or just to have to snack on! Look below for the recipe!



Ingredients

- 2 bananas
- ¼ cup coconut butter, melted
- ⅔ cup Nuzest Digestive Vanilla Protein Powder
- ¼ cup coconut flour
- 1 tsp cinnamon
- 1 cup shredded coconut

Method

Add all ingredients to a food processor and mix until it is smooth and the banana chunks are fully incorporated. Scrap the mixture into a bowl and stir in the shredded coconut. Cover a cookie sheet with parchment paper. Form balls with the mixture and place on the prepared cookie sheet (there should be about 20 protein bites). Refrigerate for an hour and then enjoy immediately or store in an airtight container in the fridge!



HOT THIS MONTH

JASMINE BUTTERFLY

A refreshing mix of green tea, jasmine petals, lemon balm, and butterfly pea flower! So delicious!!

SHOP NOW - \$15

PS. I love hearing back from you! If you have any topics you are interested in me discussing in the future regarding healthy living, sustainability, mindset change, digestive health, etc. let me know! I'm here to help and serve you!

WITH LOVE AND BLISS,



Lindsey Smith

Check out our official page on Instagram!



You can unsubscribe all you want, but you'll always be in our heart.