

## Travel Nutrition

- Keep a quart size bag stocked with bars, individual packets of trail mix, ground flax seed, raisins, nut butter, tuna, chia seed blend (see below), green, black or herbal tea bags, Stevia packets.
- Have an airport plan: food choices are listed on airport websites; get familiar with frequented concourses.
- Drink plenty of water.
  - 100-150 pounds > 32-48 oz. >> 2 to 3 16 oz water bottles
  - 150-200 pounds > 48-72 oz. >> 3 to 5 16 oz water bottles
- Stock your hotel fridge with healthy options from room service or stop at a local store.
  - Yogurt, string cheese, cottage cheese, hummus, hard boiled eggs, sushi
  - Baby carrots, cherry tomatoes, celery, crudité's from room service or Starbucks
  - Grapes, banana, apples, berries
- Choose restaurants where you can get a healthy meal when dining w/guests.
  - Have a main dish salad at lunch or dinner each day.
  - Keep dinner to chicken or fish and vegetables....skip the starch.
  - 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 Ziploc Travel Pack

Pack a well stocked gallon bag in your suitcase. 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  
Almond or peanut butter  
Protein powder  
Cryopak protein drink  
OR almond, soy, or cow's milk to mix with  
protein powder

### 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

### 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 sl. bread (390 cal)
- Turkey & Havarti less 1 sl bread (380 cal)



**Chia Hemp Pudding**---travels light and small. Add dry milk powder if milk not an option, then just add water. Can also be made ahead.

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.