

# NUTRITIOUS FOODS ON-THE- GO



Traveling is a common obstacle in a healthy lifestyle journey, especially when people travel for work. Often our schedules might be set, making it difficult to find time to focus on a mindful meal and stay on track with our nutrition goals. Planning ahead gives you the opportunity to pack a balanced meal including proteins, fats, veggies, and carbohydrates.

## TRAVEL FRIENDLY OPTIONS

### Fruit and veggies

- This is a no-brainer! Fruit and raw veggies come in their own packaging and are available virtually everywhere you go. Full of healthy carbs and nutrients, produce is perfect for that 3PM pick-me-up you always need. Options include oranges, grapefruit, bananas, pears, carrots, celery, radishes, snap peas, and peppers just to name a few.

### Hummus:

- Chickpeas are full of iron to keep up your energy and fiber to keep your colon healthy. This dip comes in a huge variety of flavors to satisfy any craving. Hummus can be enjoyed with virtually any veggie (carrots, bell peppers, cucumber) or whole-grain pita chips. Happy dipping!

### Turkey Roll-ups:

- A classic favorite, turkey is super portable and high in protein. It happens to be full of vitamins, too. Go organic if you can to avoid added chemicals.

### Hard-boiled eggs:

- Though you'll probably have to prep these ahead of time, hard-boiled eggs are super portable and filling. Shell them once they've cooled and throw them in a Tupperware for later. Add some flavor with a sprinkling of salt, or even a bit of mustard.

### Nut Butters:

- Little packets of almond or peanut butter are super convenient. Most have a 2-tablespoon serving, which is just enough to re-energize on a busy day. Try to stay away from brands with added sugar. Eat plain or spread on some whole-wheat toast.

### Rice cakes:

- Some might think rice cakes are bland, but nowadays they come in more flavors than you'd believe. They're tasty and super low-calorie – so slather on some hummus or nut butter and enjoy!

## GET MOVING

**Schedule time to take a walk – no matter the distance! It could be short; it could be long. Any walking is good walking and will add up to great results over time! Walking is easy, accessible, free, and some of the best movement that you can do.**