# 25 WAYS TO EAT WELLON THE GO

Being away from home doesn't have to mean poor food choices. Use these genius tips from Precision Nutrition coaches to stick to your plan, no matter where life takes you.

## AT HOME BEFORE YOU GO

### 1. EAT A HEALTHY MEAL

Planning to be on the go for several hours? Eat something satisfying first so you don't find yourself hungry and reaching for junk.



https://www.precisionnutrition.com/calorie-control-guide-infographic https://www.precisionnutrition.com/create-the-perfect-meal-infographic

#### 4. ERIN'S EASY BRING-WITH-YOU SALAD



- Grab a container with a tight fitting lid
- Fill with leafy greens
- Throw in chopped lean meat or leftover protein "salad" (tuna, salmon, egg, chicken, quinoa, etc.)
- Sprinkle with a few nuts/seeds
- Top with a little salt and a large lemon wedge
- When you're ready to eat, squeeze lemon juice into the salad, mix, and enjoy

## 2. PACK A SNACK (OR SEVERAL)

Precision Nutrition coaches carry some interesting items in their bags!



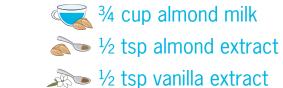
\*If traveling for more than an hour or two, consider a soft cooler bag and ice pack for perishables.

## 3. CHEF JEN'S ALMOND PROTEIN BARS

Make these in bulk, then throw one in your bag for an on-the-go snack.



1.5 cups almond meal 1 cup chopped almonds









over the top.



mix well.



together until incorporated

(mixture will have the

portions with a

warm knife.

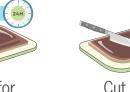
consistency of cookie dough).

over a small sauce pot of water and melt over one bowl and mix



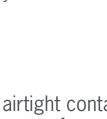
and drizzle the chocolate evenly

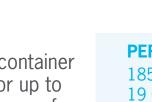


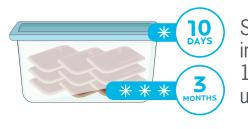












Press out mixture onto a tray,

cover with parchment paper

and flatten with a rolling pin or

the palms of your hands.

Store in an airtight container in the refrigerator for up to 10 days or in the freezer for up to 3 months.

**PER BAR:** 185 CALORIES 19 G PROTEIN 9 G CARBS 9 G FAT

## **ON A ROAD TRIP**

#### 5. BRING A PICNIC BLANKET AND PACKED COOLER (SEE ITEMS ABOVE)

So you have healthy food available when it's time to eat.



# AT THE GAS STATION / **AIRPORT SHOP**

Sometimes a convenience store is your only option. No big deal. PN coaches' advice:

REACH FOR VEGGIES LIKE CARROT STICKS AND PRE-MADE SALADS FIRST.

Beyond that...

# **6. AIM FOR BETTER, NOT PERFECT.**



# 7. HOW TO MAKE A DECENT GAS STATION MEAL





+ 1-2 CARBS





+ 1-2 FATS



# ON A PLANE OR TRAIN

## 8. MAKE THE MOST OF MEAL OFFERINGS



Sandwiches

and veggies

Whole or cut fruit

- Order a la carte if possible
- Opt for a "tapas box" or "snack pack" (they usually include nuts / olives / cheese / meat you can pick through)

# 9. MAKE USE OF YOUR CARRY-ONS

• Firm cheeses





Meat

• Nuts etc.

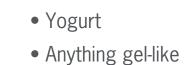


**WILL NOT MAKE IT THROUGH** 









# **IN A HOTEL**

#### 10. CONSIDER BOOKING A ROOM WITH A KITCHENETTE.

# 11. HEAD TO THE NEAREST GROCERY STORE

And stock up on boxed salad, baby veggies, hummus, deli meat, and fruit.



IF YOU DON'T HAVE A KITCHEN...

12. ASK THE HOTEL TO EMPTY THE MINI-BAR FRIDGE SO YOU CAN USE IT FOR HEALTHY SNACKS.

#### 13. MAKE COACH KRISTA'S **COFFEE MAKER OATMEAL:**

Pour dry oats in the paper cup, run the hot water, let it sit. Stir in some protein powder if desired.



# **CHECK YOUR HEAD**

Have some conversations with yourself about your journey.

#### 21. DECIDE WHETHER YOU'LL STICK TO YOUR **HEALTHY HABITS OR TAKE A TEMPORARY BREAK.** Either way is good as long as it's a conscious choice.

22. AIM FOR "BETTER" INSTEAD OF "PERFECT". This helps you avoid the f\*ck it mentality.

23. HUNGER IS NOT AN EMERGENCY. It's OK to be hungry for a couple hours if you don't like your food options.

## AT RESTAURANTS / CONFERENCES

These meals can be heavy, but there's usually a workaround. Besides, as long as you get workouts in, it shouldn't do much harm.

#### 14. DON'T AIM FOR PERFECTION; JUST PICK THE MENU ITEM THAT'S BEST FOR YOU

# **15. GET CREATIVE**

E.g. ask them to double the grilled chicken in your pasta or on your sandwich.



# 16. ASK FOR MORE GARNISHES

Lettuce, cabbage, cherry tomatoes, orange slices, etc.



#### 17. LOOK FOR BUILD-YOUR-OWN-MEAL **RESTAURANTS**

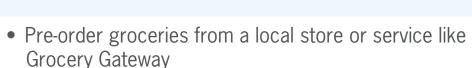
(Pret A Manger, Chipotle, Qdoba, etc.)

# 18. MAKE A PN-FRIENDLY FAST FOOD MEAL



# **ON LONGER STAYS**

# 19. MAKE YOUR PLAN

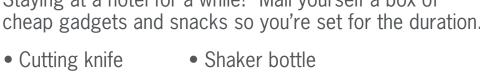


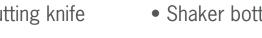


- Research the nearest grocery store and how/when you'll get there
- Pre-order meals from a local delivery service
- Get restaurant menus in advance and decide what you'll order

## **20. SHIP FOOD AND EQUIPMENT** TO YOUR DESTINATION

Staying at a hotel for a while? Mail yourself a box of cheap gadgets and snacks so you're set for the duration.





 Non-perishable items from the Cutting board

THE SIMPLE STUFF:

24. WHAT ARE YOUR "MINIMUMS"?

snack tote list above

E.g. at least 1 serving of greens a day, 2 workouts a week, etc. 25. NO MATTER WHAT HAPPENS, YOU CAN ALWAYS FALL BACK ON

Eat slowly and mindfully until satisfied (80 percent full).



