

# 25 WAYS TO EAT WELL ON 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.

#### Lean proteins

1-2 palms



#### Carbs

1-2 cupped hands

#### Vegetables

1-2 fists

#### Fats

1-2 thumbs

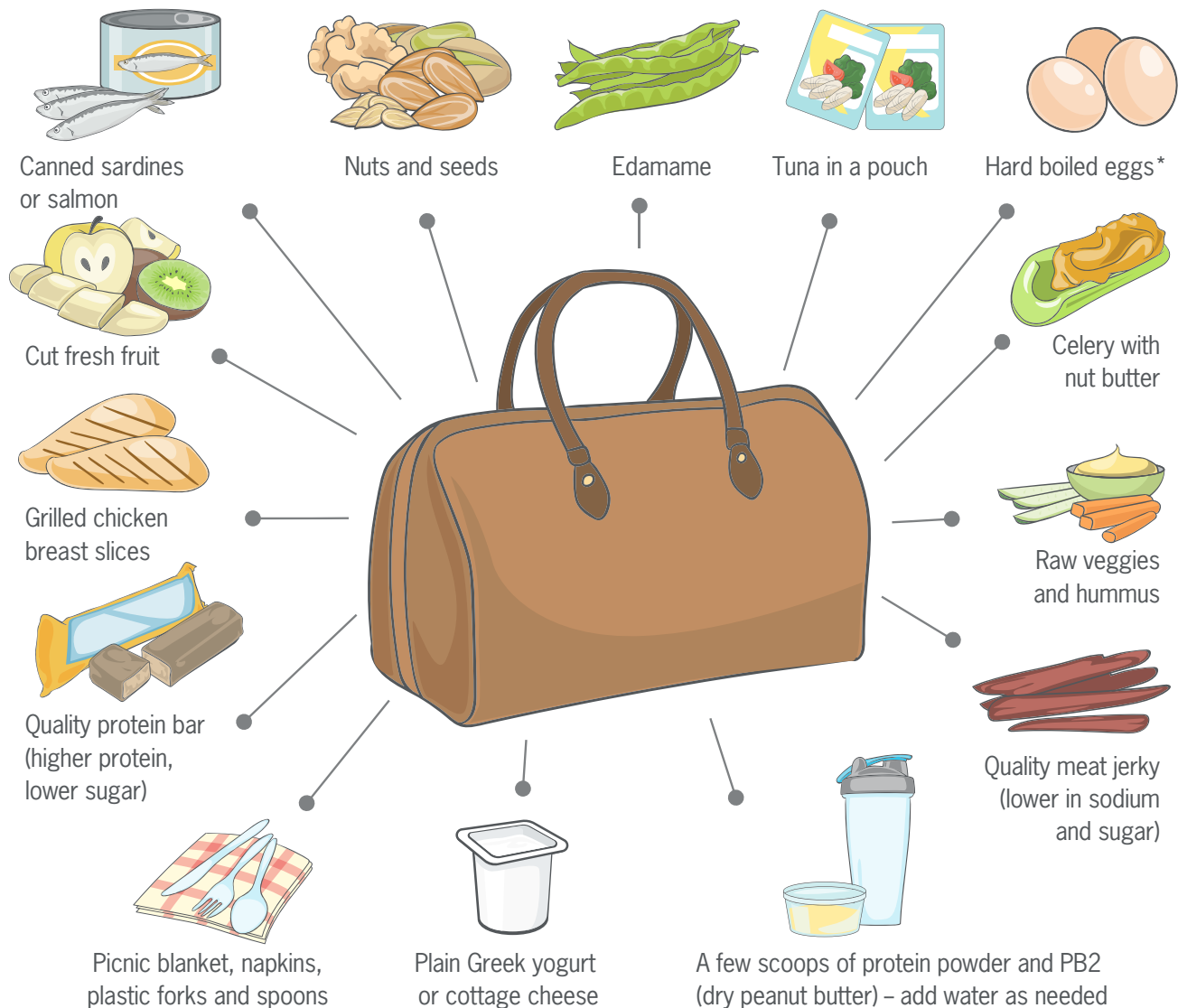
**For more info on how to build a healthy meal, appropriate for your goals:**

<https://www.precisionnutrition.com/calorie-control-guide-infographic>

<https://www.precisionnutrition.com/create-the-perfect-meal-infographic>

## 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.





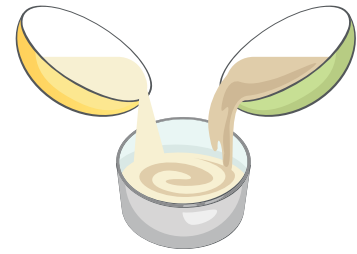
Place chocolate in a bowl over a small sauce pot of water and melt over medium heat.



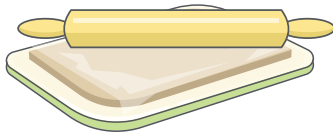
Combine dry ingredients in one bowl and mix well.



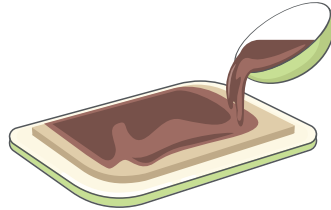
Combine wet ingredients in another bowl and mix well.



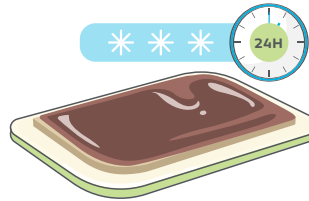
Mix the wet and dry ingredients together until incorporated (mixture will have the consistency of cookie dough).



Press out mixture onto a tray, cover with parchment paper and flatten with a rolling pin or the palms of your hands.



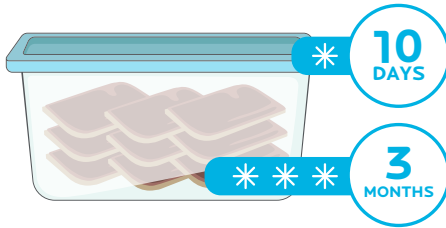
Remove paper and drizzle the chocolate evenly over the top.



Freeze for up to 24 hours.



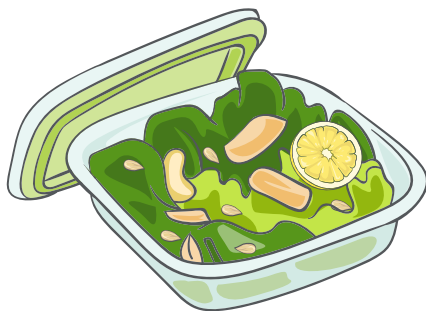
Cut 20 equal portions with a warm knife.



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

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

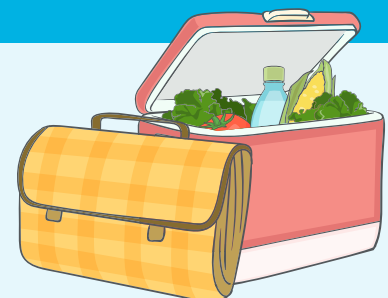


- Grab a container with a tight fitting lid
- Fill with leafy greens
- Throw in chopped lean meat or leftover protein "salad" (tuna, salmon, egg, chicken, quinoa, etc.)
- Sprinkle with a few nuts/seeds
- Top with a little salt and a large lemon wedge
- When you're ready to eat, squeeze lemon juice into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

## 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.

	EAT MORE					EAT SOME				EAT LESS				
<b>PROTEIN</b>	PLAIN GREEK YOGURT	HARDBOILED EGGS	EDAMAME	PROTEIN POWDER	STRING CHEESE	PROTEIN BARS	PRE-MADE PROTEIN DRINKS	BEEF JERKY	FLAVORED YOGURT	HOT DOGS	FRIED CHICKEN	SLIM JIMS		
	<b>CARBS</b>	FRESH FRUITS	FRUIT SALAD	DRIED FRUIT, UNSWEETENED	WHOLE GRAIN BREADS: BREAD, BAGEL, ENGLISH, MUFFIN	PRETZELS	CRACKERS	GRANOLA BAR (OAT-BASED)	CEREAL BARS	CHIPS	CANDY BARS	PASTRIES	SUGAR CANDY	
		<b>FATS</b>	HUMMUS	MIXED NUTS	NUT BUTTERS	PEANUTS	SUNFLOWER SEEDS	GUACAMOLE	TRAIL MIX	FLAVORED NUTS	DARK CHOCOLATE	CHIPS	CANDY BARS	PASTRIES

## 7. HOW TO MAKE A DECENT GAS STATION MEAL



1-2 PROTEINS



+ 1-2 CARBS



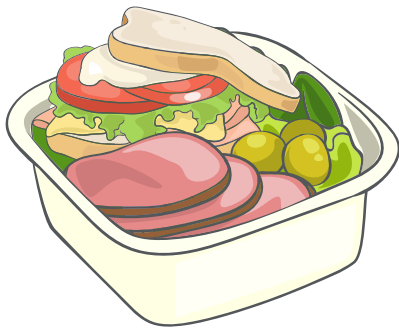
+ 1-2 FATS



VEGGIES!

## ON A PLANE OR TRAIN

### 8. MAKE THE MOST OF MEAL OFFERINGS

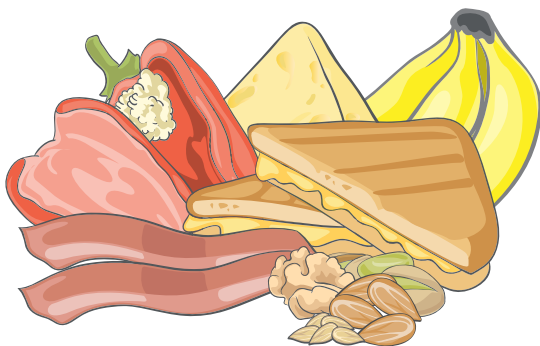


- Order a la carte if possible
- Opt for a “tapas box” or “snack pack” (they usually include nuts/olives/cheese/meat you can pick through)

### 9. MAKE USE OF YOUR CARRY-ONS



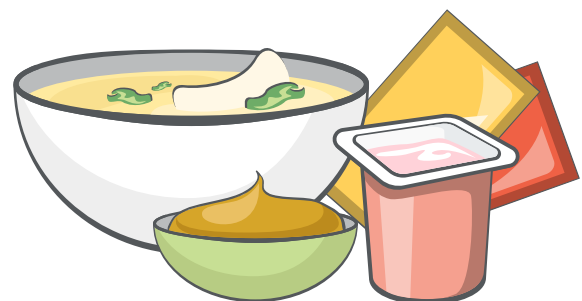
**WILL MAKE IT THROUGH AIRPORT SECURITY:**



- Sandwiches
- Firm cheeses
- Whole or cut fruit and veggies
- Meat
- Nuts etc.



**WILL NOT MAKE IT THROUGH AIRPORT SECURITY:**



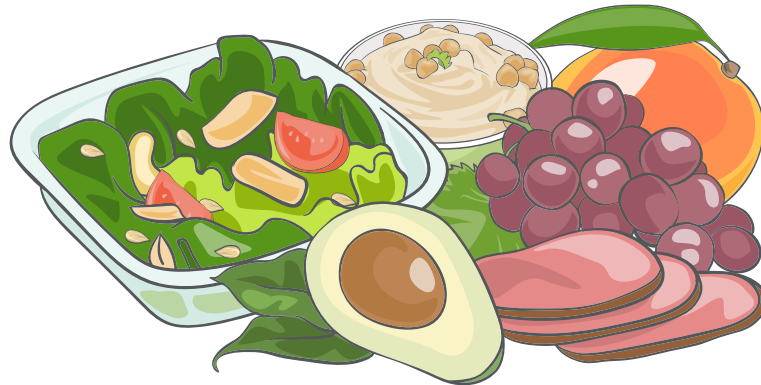
- Soups
- Yogurt
- Sauces
- Anything gel-like

# IN A HOTEL

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

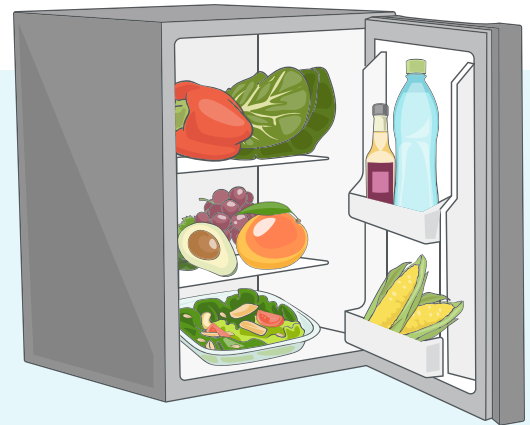
**11. HEAD TO THE NEAREST GROCERY STORE**

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.



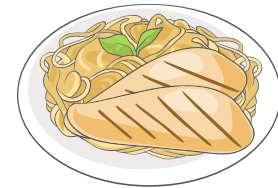
# AT RESTAURANTS / CONFERENCES

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

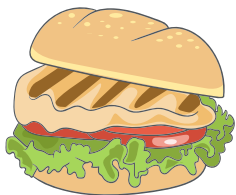


Lettuce, cabbage, cherry tomatoes, orange slices, etc.

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

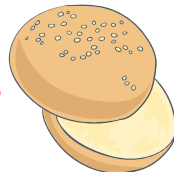
(Pret A Manger, Chipotle, Qdoba, etc.)

## 18. MAKE A PN-FRIENDLY FAST FOOD MEAL



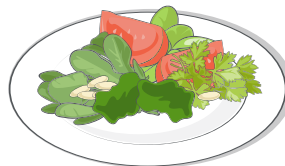
CHICKEN  
SANDWICH

-



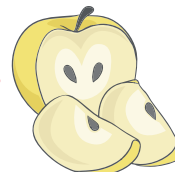
BUN

+



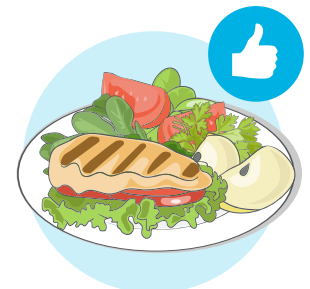
SALAD

+



FRUIT

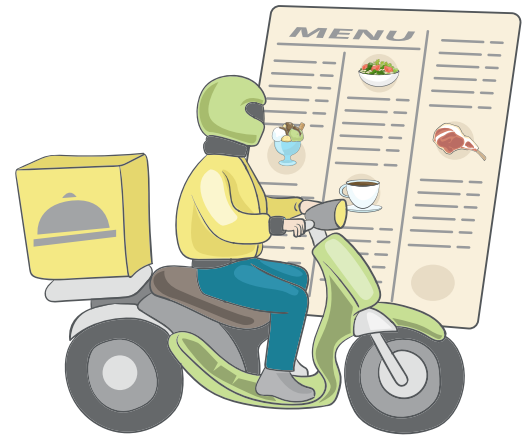
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# ON LONGER STAYS

## 19. MAKE YOUR PLAN

- Pre-order groceries from a local store or service like Grocery Gateway
- 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.

- Cutting knife
- Cutting board
- Shaker bottle
- Non-perishable items from the snack tote list above



# 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.

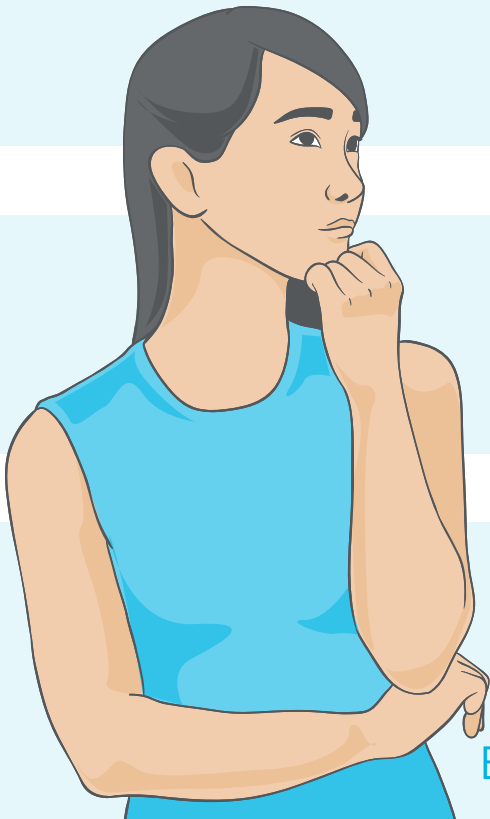
Either way is good as long as it's a conscious choice.

## 22. AIM FOR "BETTER" INSTEAD OF "PERFECT".

This helps you avoid the "all-or-nothing" 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.



## 24. WHAT ARE YOUR "MINIMUMS"?

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 THE SIMPLE STUFF:

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