

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

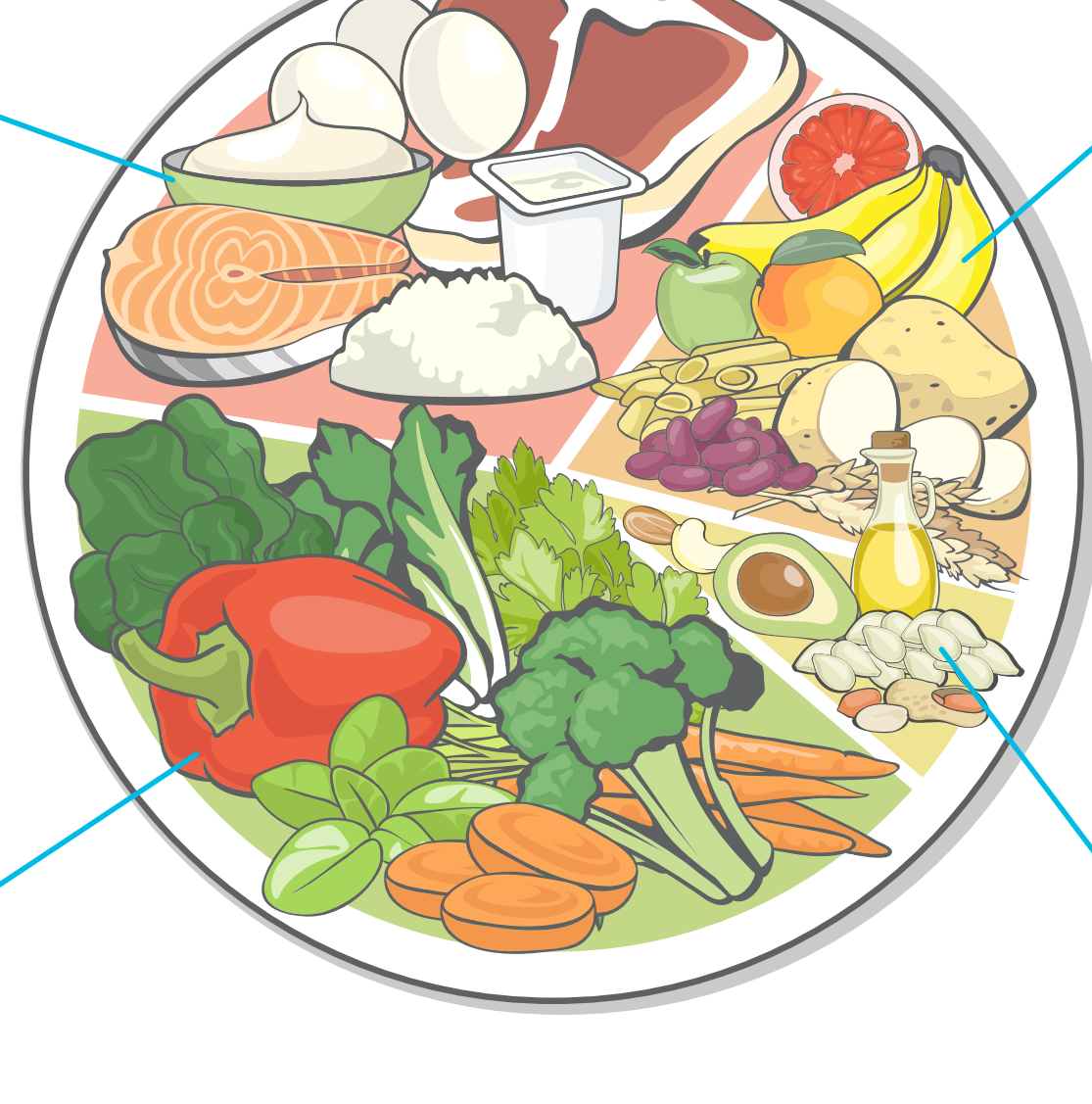
1-2 cupped hands

Vegetables

1-2 fists

Fats

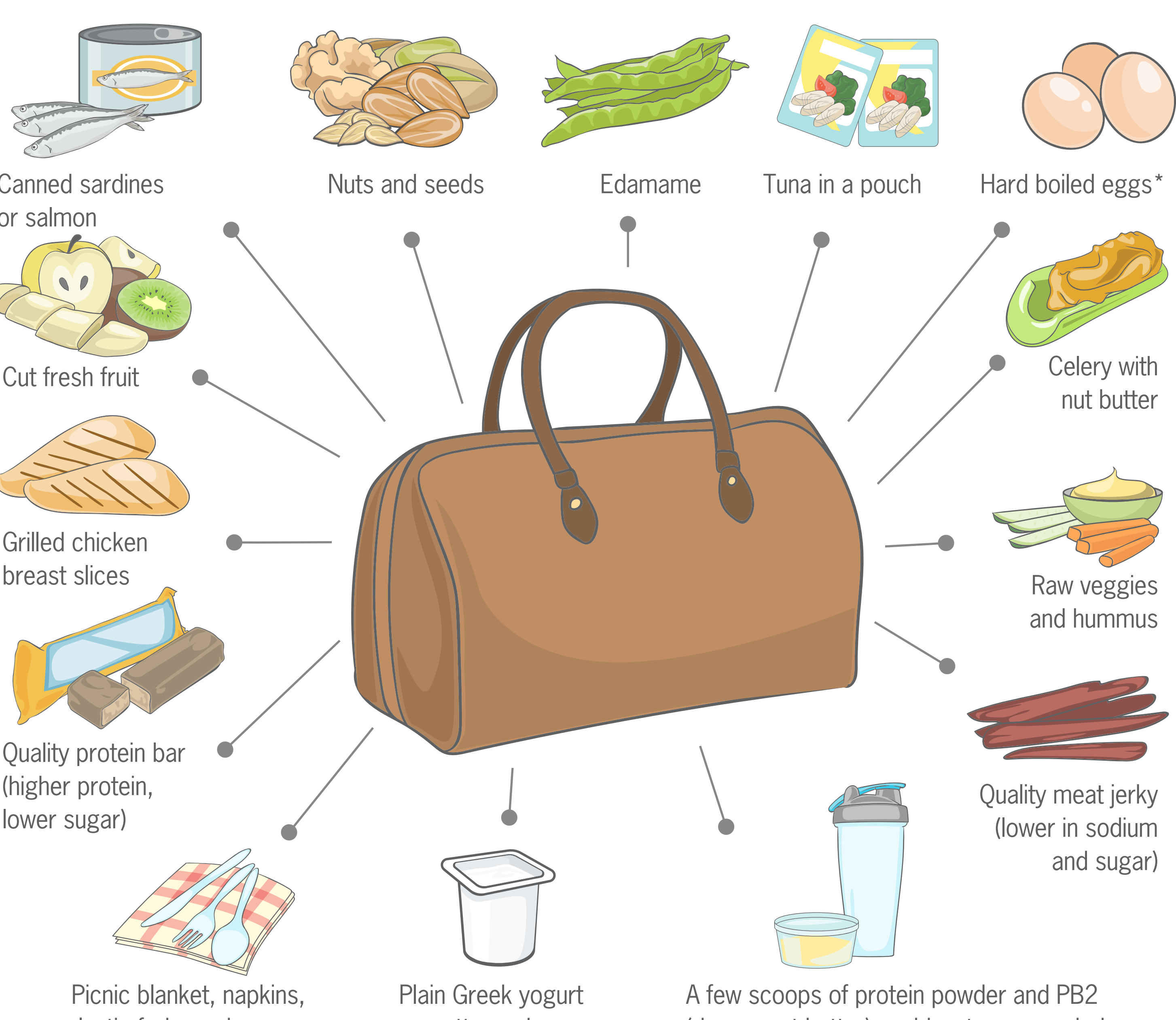
1-2 thumbs



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!

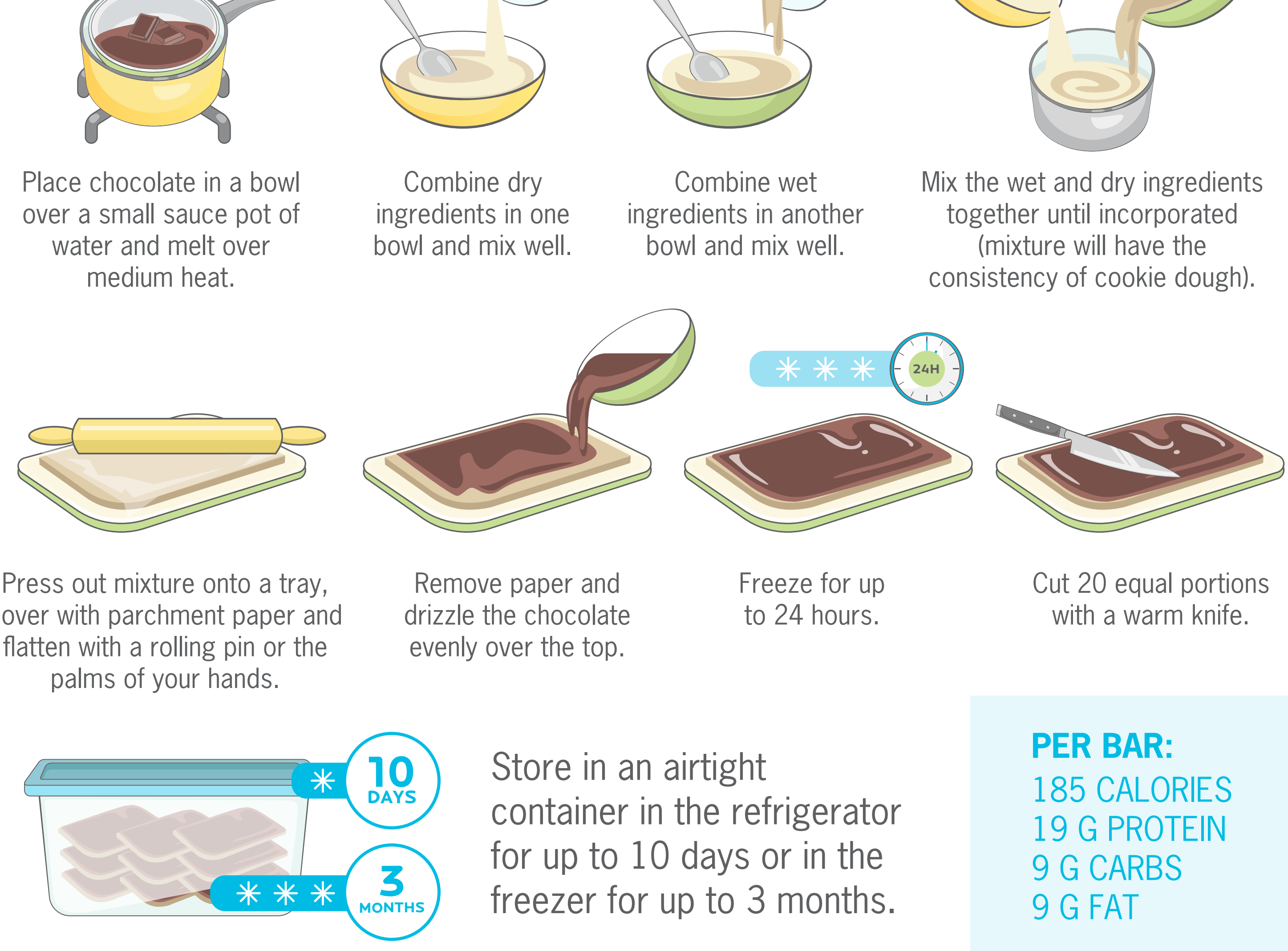


*If traveling for more than an hour or two, consider a soft cooler bag and ice pack for perishables.

3. CHEF JEN'S ALMOND PROTEIN BARS

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

- 2 cups vanilla protein powder
- 1/2 cup oat flour
- 1.5 cups almond meal
- 1 cup chopped almonds
- 1/2 cup pumpkin seeds
- 1 cup puffed rice
- 2 tbs almond butter
- 2 tbs honey
- 3/4 cup almond milk
- 1/2 tsp almond extract
- 1/2 tsp vanilla extract
- 100 grams dark chocolate



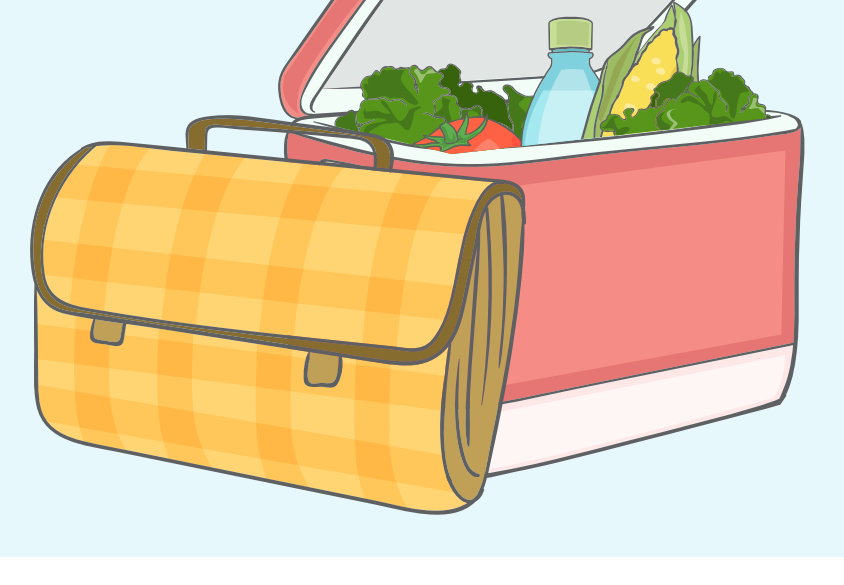
PER BAR:
 185 CALORIES
 19 G PROTEIN
 9 G CARBS
 9 G FAT

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.



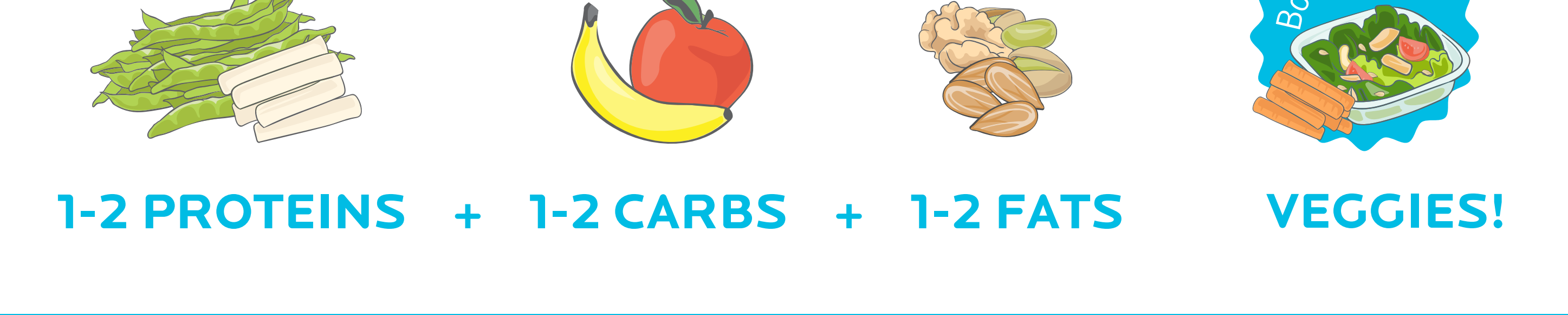
AT THE GAS STATION / AIRPORT SHOP

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
PROTEIN	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
CARBS	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
FATS	HUMMUS MIXED NUTS NUT BUTTERS PEANUTS SUNFLOWER SEEDS GUACAMOLE	TRAIL MIX FLAVORED NUTS DARK CHOCOLATE	CHIPS CANDY BARS PASTRIES

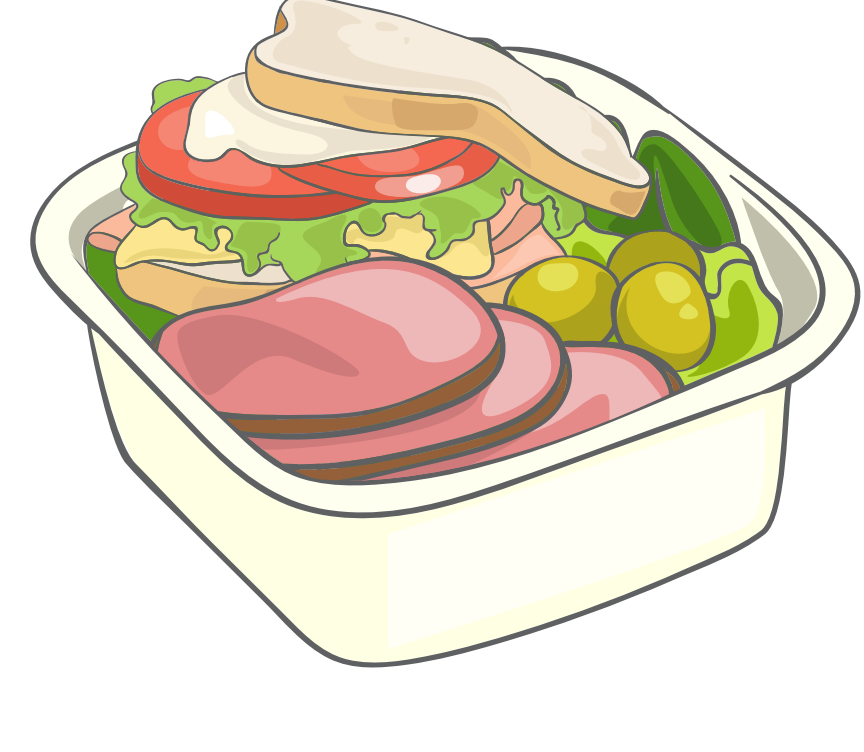
7. HOW TO MAKE A DECENT GAS STATION MEAL



1-2 PROTEINS + 1-2 CARBS + 1-2 FATS + BONUS POINTS VEGGIES!

ON A PLANE OR TRAIN

8. MAKE THE MOST OF MEAL OFFERINGS

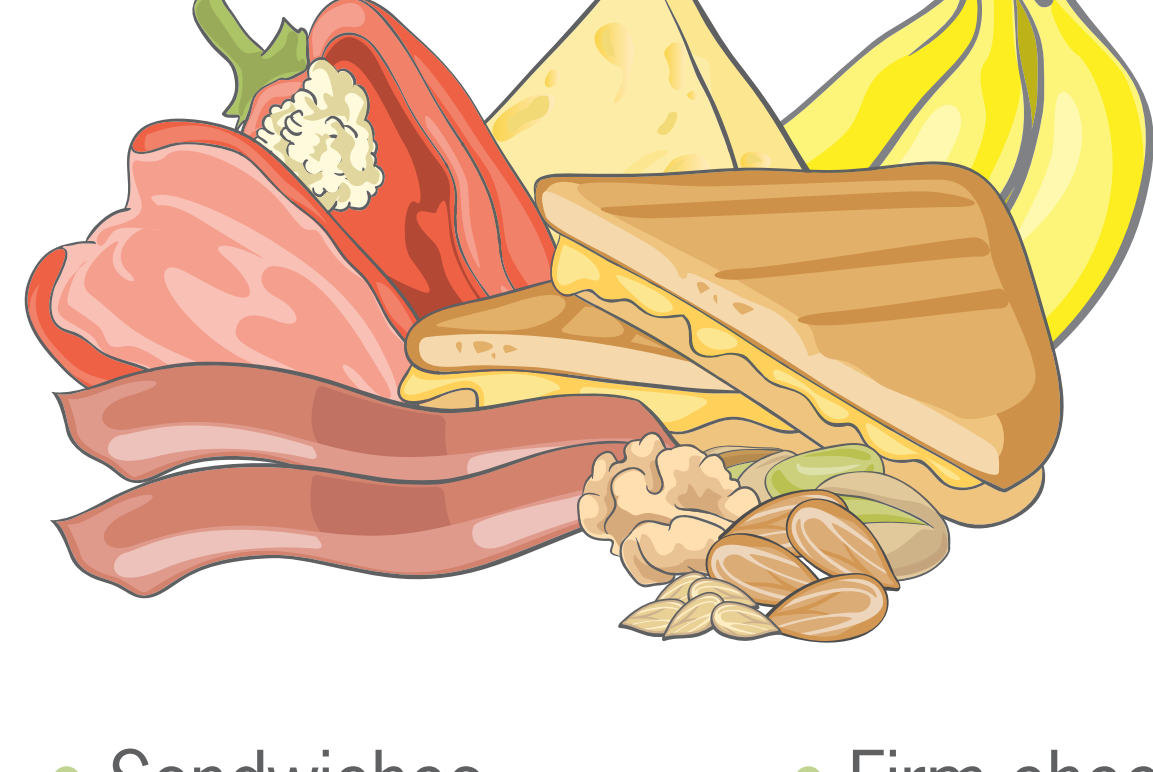


- Order a la carte if possible
- Opt for a “tapas box” or “snack pack” (they usually include nuts/olives/cheese/meat you can pick through)

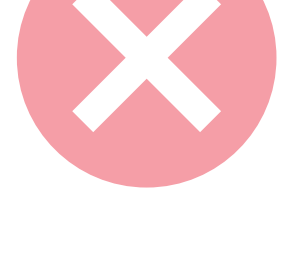
9. MAKE USE OF YOUR CARRY-ONS



WILL MAKE IT THROUGH AIRPORT SECURITY:



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



WILL NOT MAKE IT THROUGH AIRPORT SECURITY:



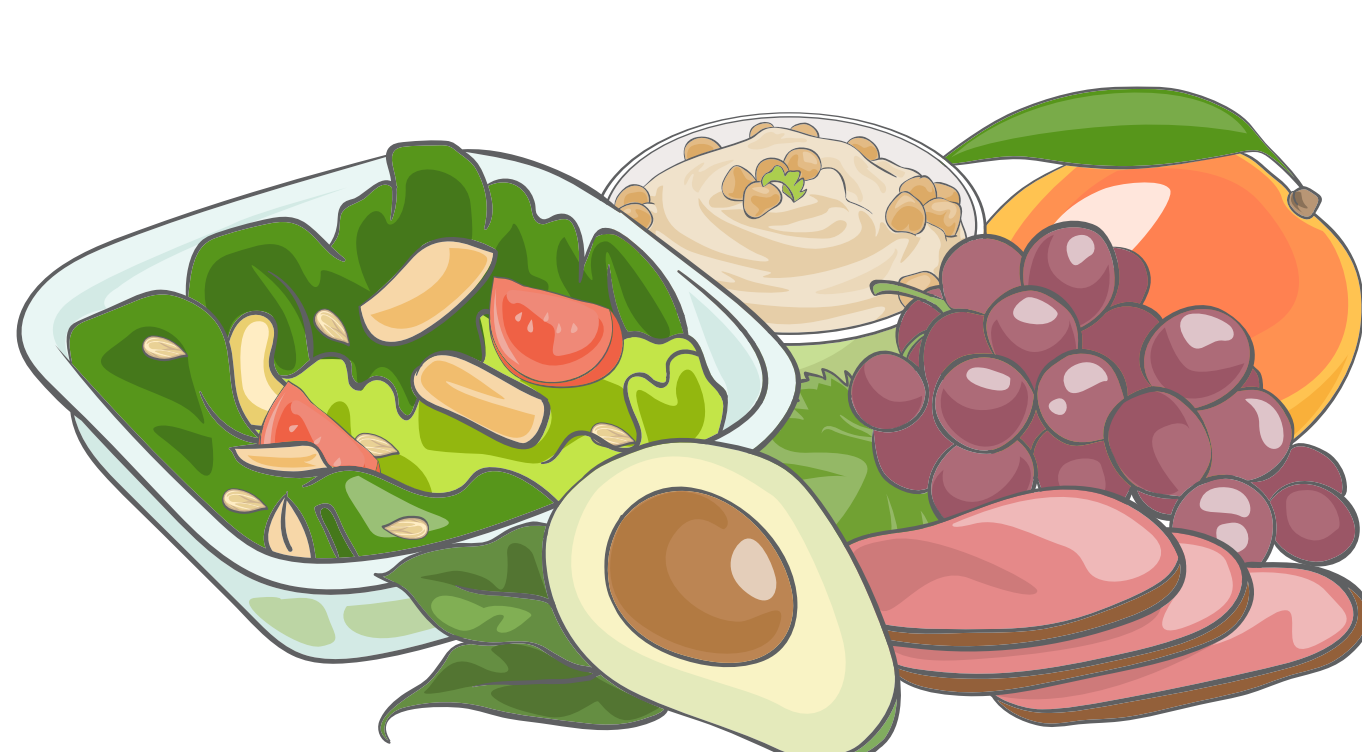
- Soups
- Sauces
- Yogurt
- Anything gel-like

IN A HOTEL

10. CONSIDER BOOKING A ROOM WITH A KITCHENETTE.

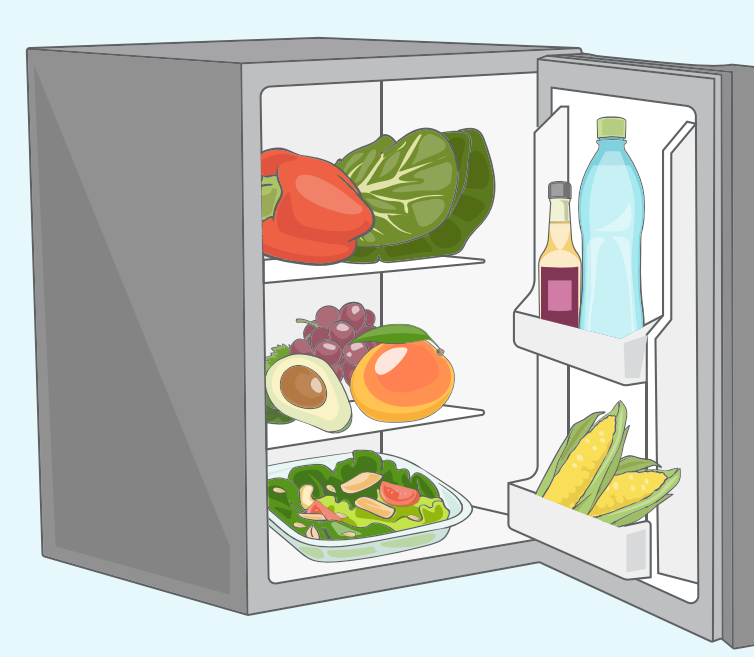
11. HEAD TO THE NEAREST GROCERY STORE

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.

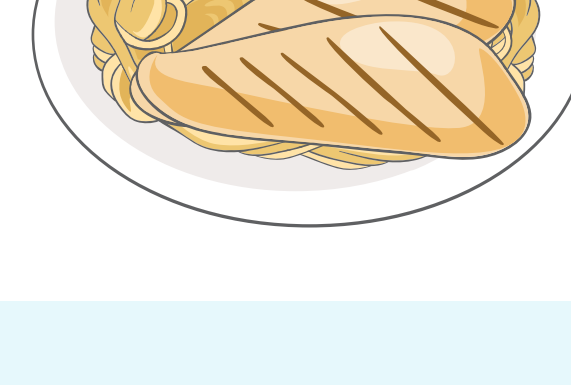
AT RESTAURANTS / CONFERENCES

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

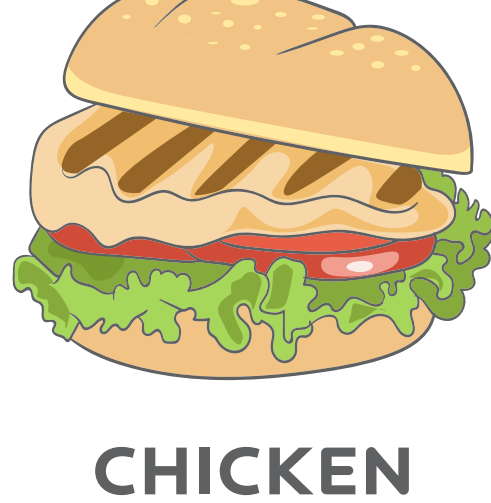


Lettuce, cabbage, cherry tomatoes, orange slices, etc.

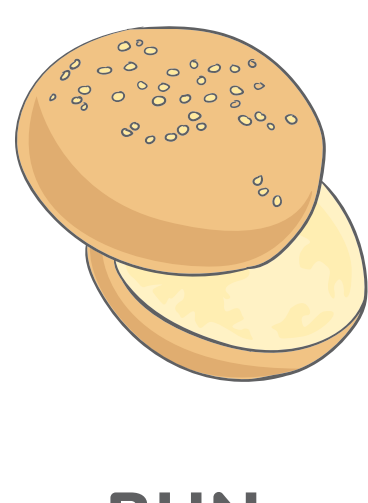
17. LOOK FOR BUILD-YOUR-OWN-MEAL RESTAURANTS

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

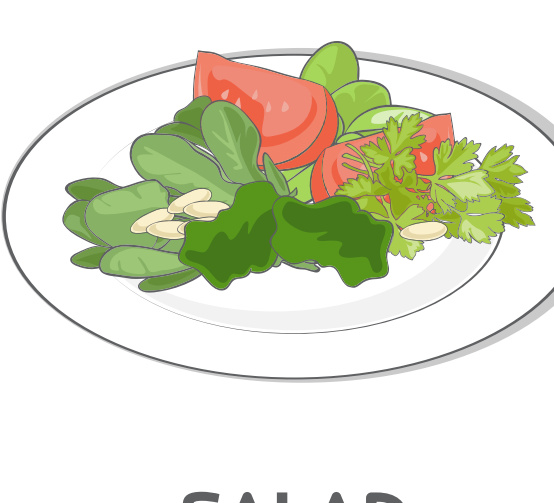
18. MAKE A PN-FRIENDLY FAST FOOD MEAL



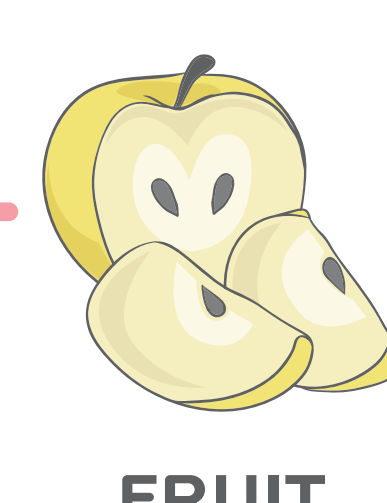
CHICKEN SANDWICH



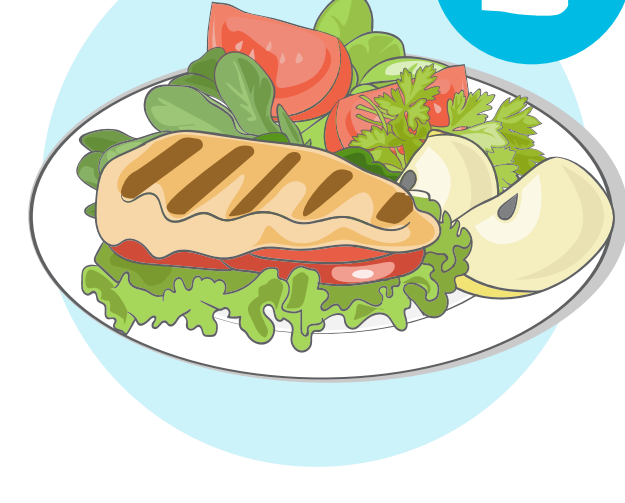
BUN



SALAD



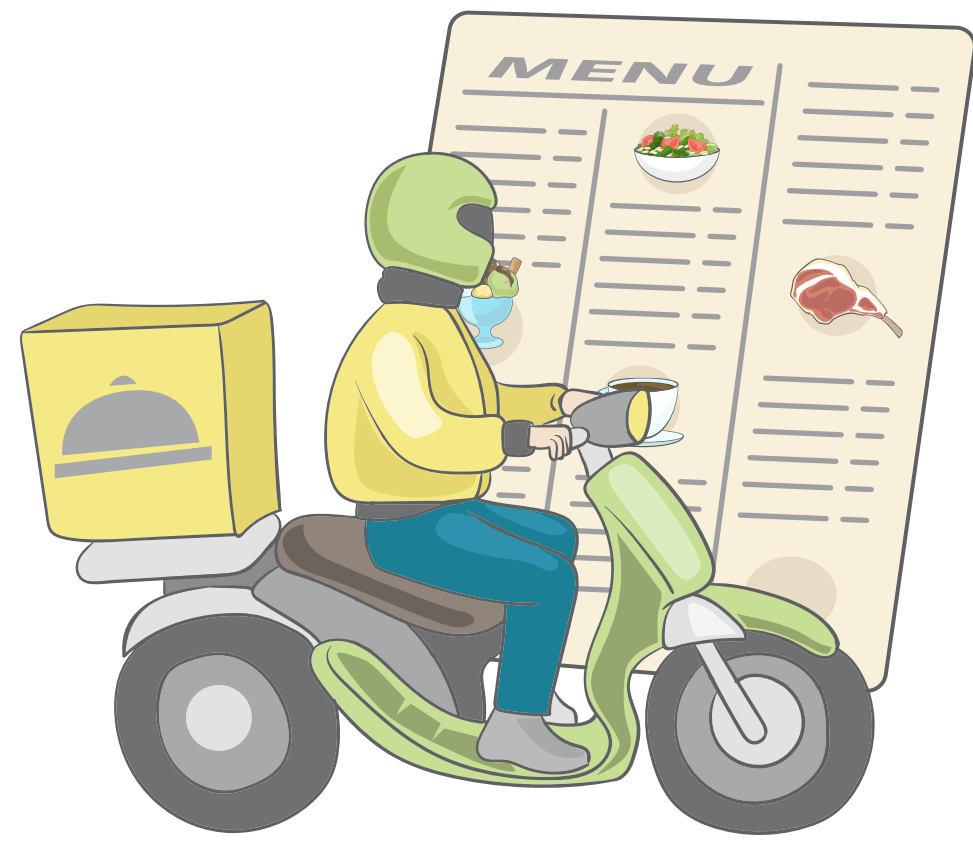
FRUIT



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:

THE SIMPLE STUFF:

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