



STAY HEALTHY ON THE ROAD

On-The-Go Healthy Food Guide



FOOD LIST

PRODUCE

- Apples
- Bananas
- Clementines
- Pear
- Baby carrots
- Cucumber
- Lime
- Mixed greens, bagged kale, or spinach salad mixes
- Bell peppers
- Tomato

PROTEIN AND DAIRY

- Cottage cheese
- Plain greek yogurt
- Hard boiled eggs pouch
- Turkey breast
- Chicken (can be pre-cooked chicken in a pouch)
- Tuna or salmon pouches
- Panela cheese
- Shredded cheese
- Cheese sticks or Babybel
- Beef or Turkey Jerky (Epic Provisions)

FOOD LIST

GRAINS

- Whole grain bread
- Tortillas
- Baked tostadas
- Crackers
- Traditional oats

CONDIMENTS AND SEASONING

- Cinnamon
- Salt
- Pepper
- Mayo
- Mustard
- Ranch
- Hot sauce

OTHER

- Peanut/almond butter
- Nuts or trail mix (ex. almonds, walnuts, dried cranberries)
- Hummus
- Meal replacement shake (Orgain, Vega)
- Protein Bars (Think Thin, Rx, Zone)
- Herbal tea

SNACKS

- Pear with cottage cheese and a sprinkle of cinnamon
- Hummus and baby carrots
- Toast with avocado
- Clementines and greek yogurt
- Hummus and bell pepper
- Almonds, walnuts, and dried cranberries
- Apple with peanut/almond butter
- Cheese sticks or Babybel with cracker
- Protein bar

BREAKFAST

- Traditional oats, cinnamon, banana (or fruit of your choice), top off with milk or almond milk, refrigerate overnight and have for breakfast
- Meal replacement shake: in a shaker cup mix the meal replacement powder with water
- Plain greek yogurt with almonds, apple (or the fruit of your choice), add $\frac{1}{4}$ package of Stevia to add sweetness
- Frozen breakfast sandwiches or burrito (Jimmy Dean Delights or Evol offer healthier, low calorie options)
- Hard boiled eggs, toast, avocado, and hot sauce

LUNCH AND DINNER

- **Turkey Sandwich:** whole grain bread, turkey breast, avocado, panela cheese, mayo and mustard
- **Chicken Sandwich:** chicken (mixed with mayo, mustard, pepper), avocado, and hot sauce, on a whole grain bread
- **Chicken Wrap:** chicken, mixed greens, chopped tomato, cucumber, avocado, shredded cheese, ranch, hot sauce

LUNCH AND DINNER

- **Turkey and Hummus Wrap:** turkey, hummus, mixed greens and bell pepper in a flour tortilla
- **Tex-Mex Salad:** mixed greens, walnuts, bell pepper, avocado, panela or shredded cheese, turkey or chicken, a spoonful of plain greek yogurt, $\frac{1}{2}$ lime juice, salt and pepper
- **Tuna Tostada:** tuna with mayo, mustard, salt, pepper, $\frac{1}{2}$ lime juice, chopped tomato and panela cheese on a baked tostada