



Eating On-the-Go

Eating on-the-go can be a challenge, especially if you are seeking whole foods, following a specific diet, or navigating dietary restrictions. Here are some tips and tricks for how to honor your body while traveling. Remember that you don't have to be "perfect"—food is meant to be enjoyed!

FOOD TO PACK

- avocados or guacamole cups
great with sweet potato chips
- raw veggies
carrots, celery, peppers, broccoli, etc
- fresh fruit*
apples, pears, bananas, citrus, etc
- dried fruit*
dates, pineapple, mango, figs, etc
- applesauce cups
great with granola
- nuts & seeds*
almonds, pepitas, pistachios, etc
- nut butter
with fruit, crackers, or by spoonful
- trail mix*
buy or create your own
- clean energy bars*
Lärabars are great
- granola
eat dry or with applesauce or yogurt
- instant oatmeal
add hot water from gas station or hotel
- rice cakes or plantain chips
great with nut butter or hummus
- crackers & salty snacks*
ideally with olive or avocado oil
- seaweed snacks
great with hummus
- jerky/meat sticks*
watch for gluten if GF
- canned salmon, sardines, or oysters
great with crackers or chips
- olives
closable jar is best for storage
- hummus
savory or chocolate
- clean deli meat
ham, turkey, sausage, etc
- cheese*
sticks or slices
- yogurt cups*
freeze or keep cool
- hard-boiled eggs*
buy or cook yourself
- smoothie
make ahead and/or freeze
- green juice*
check for sugar

GENERAL TIPS

1. Grab silverware, napkins, condiments, salt & pepper from gas stations.
2. Pack tea bags & brew with hot water from gas station or hotel.
3. Seek out a grocery store at your stops or destination.
4. Freeze water bottles to use as ice packs in cooler (and drink when thawed).