



PACK YOUR IDENTITY

HOW TO MAINTAIN HEALTHY HABITS WHEN YOU TRAVEL

WHEN IT COMES TO TRAVELING THERE ARE A FEW IMPORTANT THINGS TO CONSIDER

1. It's hard to eat frequently because you're on-the-go. This usually means bigger meals with less protein.
2. The actual travel days themselves are unpredictable and roadside food establishments & airport food courts DO have reasonable options, but they're limited.
3. Overall, it's just harder to find protein and vegetables!

So, your best bet is to prepare ahead of time! Sound familiar? Plan it out, take what you can, and know what you are going to do when you get to your destination.

Also, to take the stress off it helps to condense your focus from macros to calories & protein instead of hitting every macro. This resource will help you plan out your travel prep.

Minimal Travel Packing List

- At least 1 scoop protein powder/day
- 1 scoop greens/superfood powder/day
- Blender bottle or bottle w/ whisk ball for making shakes

Ideal Travel Packing List

Minimal Packing List PLUS:

- 1-2 prepared meals + a salad, and fruit for the travel day.
- 1x Protein bar per day of travel (you can buy them on the road, but being prepared is easier!)
- 1-2x Organic Fruit & Veggie baby food pack per day of travel.
- 1 package of jerky for every 2-3 days of travel.

TRAVEL SNACKING LIST

Below is a list of snacks I've found to be of high quality. The main idea is protein bars, jerky, baby food, and nuts/seeds/trail mix are great to travel with!

- **Quality Protein Bars for daily snacking**

- [Epic Bars](#) Low carb, high protein.
- [Bulletproof Collagen protein bars](#) high fat, moderate protein
- [Rise Protein Bars](#) (not breakfast/energy bars)
- [RXBars](#) Moderate carb, high protein.

- **Jerky Trail Mix**

- Cut jerky with scissors and mix with nuts, seeds, dried fruit, etc. in bulk and combine in bags.
- Essential living foods has a more expensive mix with "superfoods"

- **[Krave Jerky](#) Trader Joe's Jerky, or [Epic Bites](#) good quality meats used.**

- In US you can get Bison jerky at any Trader Joe's
- Krave beef jerky is pasture raised (not necessarily grass-fed) and delicious.
- Epic Bites are the only pork/poultry jerky I'd trust. All of their animals are pasture raised, all of their jerky is a great consistency.

- **Baby food squeeze pouches (seriously, they are super healthy and cheap) or [Fuel for Fire](#) (overpriced in my opinion, but convenient)**

- You can buy the organic baby food pouches at pretty much any food store. Costco has some in bulk boxes.
- Plum Organic, Sprout Organic, and Go-Go Squeez are the three brands I'm most familiar with in the US.

- **Nuts/Trail mix**

- Be careful here. Every handful of nuts has over 200 calories and stay away from dried fruits and candies in your trail mix. It's easy to get carried away and still not feel satisfied.

ADDITIONAL TRAVEL SNACKING STRATEGIES

- Stop at a grocery store and get some non-perishable foods for your accommodations.
 - Convenient fruits, veggies + Hummus is great while on the road.
- If staying at an airbnb or residence-style hotel with a fridge or kitchen you can pick up perishables or order groceries, the more you can control the less expensive and healthier for you.
 - Fruits, veggies, high-quality cold cuts, protein you can bulk prep, rotisserie chicken, etc.
 - Food from a health store (whole foods/grocery store) salad bar/hot bar/prepared food section in containers in the fridge.

If traveling internationally:

- Same advice applies, but it will be hard to travel with fresh foods. Most powders, bars, etc. will be fine.