



STEPHANIE MAY POTTER  
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## SMP's CLEAN EATING TRAVEL SURVIVAL KIT

Here are my travel friendly snacks, many of which can be packed for airplane travel.

- Make a medley of roasted vegetables and grilled chicken to bring on road trips. Bring mixed greens, cooked grains, avocados and salad dressing too.
- Cut up veggies in Ziploc bags. Pack individual size hummus and/or guacamole.
- Nuts! Individual snack size packets from Trader Joe's are great. I love the salad toppers from TJ which can enhance a basic salad and add healthy fat.
- Nutbutter. Justin's sells individual packets, great for air travel and I really like Yum Butter which is a reusable pouch with several servings. I've been known to bring an entire new jar of almond butter on flights (secured in a Ziploc bag).
- Oats, pumpkin seeds, chia seeds, coconut flakes, flax seed etc. to make oatmeal or add to yogurt. Pack in snack size stainless steel containers or stasher bags.
- Hard boiled eggs, plain full fat Greek yogurt, small shelf-stable container of unsweetened almond, macadamia or coconut milk
- Fruit-cuties, bananas and apples travel well on flights. Use disposable containers for berries. Add nut butter to apples/bananas. Bring avocados
- Bars- Health Warrior (pumpkin or chia seed varieties), Mammouth (online), Perfect Keto (online), Bulletproof (WF, co-ops etc), Rawr bars (Mpls brand/online)
- Sweets: Dark Chocolate (75% or higher), Figgy Pops/protein/energy balls
- Overnight oats –great for road trips

*Stephanie May Potter does not proclaim to have the knowledge or ability to diagnose or treat any medical condition. Always consult your doctor when trying new foods or making dietary changes.*



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- Dry Goods: Canned wild salmon , wild mackerel or wild tuna (in moderation due to high mercury), Seeds of Change quinoa (microwavable). Both are great to add to a salad.
- Simple protein shake using protein powder and shaker bottle. Add Amazing Grass Green Superfood powder.
- Snacks-Enlightened brand roasted fava beans, Food Should Taste Good Chips, Beanitos, Simple Mills Crackers, Dang coconut (unsweetened), Trail Mix (make your own), dried/roasted beets, kale chips, The Good Bean roasted fava beans/chick peas, Bhujia peas, rice cakes (great with nut butter), high quality beef sticks (grass fed/organic)
- Misc-travel packs of coconut aminos (to bring to sushi restaurants)

In addition to bringing healthy snacks/foods, here are a few more ideas to ensure you can still feel your best when you're on the road:

- Order groceries to be delivered to your ultimate destination. Even if you only have a small refrigerator and microwave you can purchase food for breakfast, snacks and even a light lunch.
- Find out your food options before going to a new restaurant. Review menus online and make decision about what you will eat so that you can enjoy the company and not stress about the food at the restaurant.
- Ask for what you want at a restaurant even if not on the menu. Don't "feel bad" asking to make changes to an existing menu item (e.g., hold the cheese, dressing on the side, no bun, etc).
- Review the entire menu and create your own entrée/salad using ingredients you see in other dishes
- Most restaurants (even in remote parts of the country) will have balsamic vinegar or lemon and EVOO so you don't need to ruin a salad with processed/sugary dressing.