4. ERIN'S EASY BRING-WITH-YOU SALAD

- Use 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.

Bonus points:

1. AT HOME BEFORE YOU GO

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.

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

Fats

Vegetables

1-2 fists

Carbs

1-2 cups

2. PACK A SNACK (OR SEVERAL)

Precision Nutrition coaches carry some interesting items in their bags!

- Fresh fruit
- Nuts and seeds
- Edamame
- Raw veggies and hummus
- Celery with nut butter
- Hard boiled eggs*
- Quality meat jerky (lower in sodium and sugar)
- Canned sardines or salmon
- Tuna in a pouch
- Plain Greek yogurt or cottage cheese
- Grilled chicken breast slices
- Quality protein bar (higher protein, lower sugar)
- A few scoops of protein powder and PB2 (dry peanut butter) -- add water as needed

3. CHEF JEN'S ALMOND PROTEIN BARS

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

Recipe:

Place chocolate in a bowl over a small sauce pot of water and melt over medium heat.

Combine dry ingredients in one bowl and mix well.

Combine wet ingredients in another bowl and mix well.

Press out mixture onto a tray, cover with parchment paper and flatten with a rolling pin or the palms of your hands.

Remove paper and drizzle the chocolate evenly over the top.

Cut 20 equal portions with a warm knife.

Freeze for up to 24 hours.

Mix the wet and dry ingredients together until incorporated (mixture will have the consistency of cookie dough).

Store in an airtight container in the refrigerator for up to 10 days or in the freezer for up to 3 months.

For more info on how to build a healthy meal, appropriate for your goals:

http://www.precisionnutrition.com/calorie-control-guide-infographic

http://www.precisionnutrition.com/create-the-perfect-meal-infographic

ON A ROAD TRIP

Granola bar (oat-based)

Chips

Candy bars

Pastries

Sugar candy

Cereal bars

Fresh fruits

Fruit salad

Dried fruit, unsweetened

Whole grain breads: Bread, bagel, english, muffin

Pretzels

Crackers

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PER BAR:

185 CALORIES

19 G PROTEIN

9 G CARBS

9 G FAT

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9. MAKE USE OF YOUR CARRY-ONS

- Sandwiches
- Whole or cut fruit
- Nuts or seeds
- Yogurt
- Anything gel-like

- Shakes or smoothies
- Sauces
- Spices
- Protein powder
- Granola
- Trail mix

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

22. AIM FOR “BETTER” INSTEAD OF “PERFECT”.
This helps you avoid the f*ck it mentality.

20. SHIP FOOD AND EQUIPMENT TO YOUR DESTINATION

19. MAKE YOUR PLAN
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
- 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
- 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)

18. MAKE A PN-FRIENDLY FAST FOOD MEAL

- Firm cheeses
- Meat
- Nuts etc.
- Yogurt
- Anything gel-like

17. LOOK FOR BUILD-YOUR-OWN-MEAL RESTAURANTS (Pret A Manger, Chipotle, Qdoba, etc.)

16. ASK FOR MORE GARNISHES
E.g. ask them to double the grilled chicken in your pasta or on your sandwich.

15. GET CREATIVE

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.

12. ASK THE HOTEL TO EMPTY THE MINI-BAR FRIDGE SO YOU CAN USE IT FOR HEALTHY SNACKS.

11. HEAD TO THE NEAREST GROCERY STORE and stock up on boxed salad, baby veggies, hummus, deli meat, and fruit.

10. CONSIDER BOOKING A ROOM WITH A KITCHENETTE.

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ON A PLANE OR TRAIN

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- Anything gel-like

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