



# FOOD TRAVEL GUIDE

Protein, Fat, Fiber, Carbs.

Making sure you feed your body what it needs to stay full & satisfied will help limit how hungry you are on trips!

- Protein & fiber to keep you full
- Fat to keep your satisfied & clear-headed
- Carbs to give you energy
- Limiting sugar to avoid glucose spikes while sedentary

Check your packing to ensure your bases are covered!



Hi friend!

Going on a trip is often a whole spectrum of emotions and you often have SO much on your mind packing & prepping to leave. It's easy to forget about food & hydration. But you know that feeling when you're at the airport or driving down the highway, and you look around.

Your options are often greasy fast food that you'll feel sitting sedentary later or expensive prepackaged options that are slightly discolored or just not that appealing.

By planning & prepping your go-to essentials, you can set yourself up to have tasty food while traveling & know it keeps you full and feeling good when you're away from your kitchen!

## Travel Essentials

- Jerky: Chomps, Epic
  - Beef or Chicken option
  - Salmon options too!
- Brami Italian Snacking Beans
  - They have smaller pouches that are perfect for travel
- Bars: Blenderbombs, Aloha, Risebar, Raw Rev Glo
  - You can use the code JORDAN for 10% of Blenderbombs!
- Fruit & veggies
  - apples/slices, cucumbers, carrots & more. Place in a stash bag or a container in your bag
- Nut Butter Packs: On the go packs
  - GroundUp has some yummy Cinnamon Snickerdoodle snack packs that are perfect!
- Trail Mix
- Power balls
- Seed crackers: Mary's gone crackers, Flackers, TopSeed
- Bone broth: travel packs, add a cup of hot water & instant 10grams of protein
  - Bare Bones has different flavors too!
- Electrolytes - stay hydrated while on the go
  - LMNT has some great individual packs easy to throw in a bag
- Reusable Water bottle

Check out my Travel list on [Thrive Market!](#)

### Codes to Try

Thrive Market: At Home, healthy grocery delivery. 25% off your first order!

Blenderbombs: Smoothie booster & plant-based super foods. Use code "JORDAN" for 10% off



Remember: traveling by car or plane... you have options!

Traveling by car --

- Pack a cooler with some food from your fridge that you can eat in the car.
- Make wraps/sandwiches you can eat with one hand or a Tupperware you eat when you stop for water or coffee.
- Have water in the cup holder for easy hydration!

Traveling by plane --

- Food can go through TSA as long as its not liquids/creams.
- Pack your leftovers in a container & put them in your backpack.
- Travel-size snacks are perfect for this. Buying in bulk from Costco or Thrivemarket is a great place to have these on hand
- Bring an empty water bottle in your carry on & fill before getting on the plane