

Here is a list of items to either keep with you in case you are stuck somewhere or the best foods at almost any restaurant.

The worst scenario is to be travelling somewhere, become hungry and there is nothing healthy to eat. When that happens our cravings can get to the best of us.

### **Prepackaged:**

Keep any variety of nuts with you while you travel. Ideally raw or dry roasted is best and ideally not peanuts.

Low carbohydrate protein bars and other snacks: My favorite company for this is below. Grass Fed Whey Protein, Non-GMO. Very well designed. I can order at a discount for patients.

<http://www.bulletproof.com/nutrition/quality-snacks/>

Another idea that my friend and business coach Ari Meisel said is pre-packaged wild salmon.

<https://www.seabear.com/product-details.cfm?ready-to-eat-wild-sockeye-salmon>

If you are travelling a lot by car and can use a cooler, you can also add any cheeses or nitrate free meats along with lower sugar fruits like berries.

### **Airports:**

NO ONE likes to eat at the airport but with the security laws in place if you are waiting for a while you might need to eat there. Ideally if you can eat prior to your flight, all the better.

### **Restaurants in Airports:**

This is also true for hotel restaurants or restaurants in general. Some of your best bets are salads. You can load it up with whatever protein (eggs, fish, beef, etc) and I recommend you ask them if there are any croutons or other carbs like chips, etc so you can have them removed. Olive Oil and Balsamic Vinaigrette are the best regarding dressings as almost all other dressings are made with canola oil, or other oils we shouldn't be consuming.

Bunless burgers, steaks, grilled chicken or fish are also great options. Sure it most likely isn't organic but better than the processed carbs, etc in the battered dipped onion rings that just passed you. Always ask about sauces as they tend to have corn starch or other thickening agents that you should avoid. If grilled meat I always ask for a side of butter in case the meat is a little dry or just if it's skinless. Over eating low fat meats (chicken breast for example) can lead to fat soluble vitamin deficiencies (A, E, D, and K) so you can add by adding some butter. Almost any restaurant will substitute a baked potato for a side of veggies instead. Sometimes it might cost a couple of dollars more but it's better than adding it to your waistline.

If you don't have time for a sit down meal, the salad choices are best. Toss any croutons, etc. If none look good or you are bored with salads, get a wrap or sandwich and throw away the bread. The quick convenience stores usually have various nuts...expensive but again its better than the candy bar next to it.

### **Specific Restaurants:**

Steakhouses: This is easy and one of your best bets. They also tend to have great salads and veggies

Mexican: This is tougher especially because of the chips and salsa at the beginning. Always check out the salads here too. Fajitas are always a safe bet and tell them no tortilla (or if you are using some of your carb points ask for one. It's hard to only have one when they give you 6). And you can add extra guacamole or cheese (if you are not dairy sensitive). I have yet to miss the tortillas with all of the flavor of everything else. There can also be various seafood and chicken ideas but always ask about the sauces and the carbs so you don't slip up.

Italian: Again this can be hard with all of the breads and pastas. There can be some good appetizers like meat and cheese plates or olive plates. Many entrees will also be listed with no side of pasta and you can add another side of veggies as well. There will usually be various entrees that, while they come with pasta, you can ask for without it or even a fistful and see if they will accommodate you.

Chinese: You can pass on the rice and make sure you ask about the sauces. These can typically have corn starch in them. Adding something like steamed broccoli on your dish can be another good addition to your entree.