



Let's assume that some places will have no Whole Foods or good quality health stores.

The foods in this survival guide are low in sugar and high in real food.

## BREAKFAST

### SMOOTHIE

- Bring an immersible blender and a large container that can fit the blender.
- Bring: seeds (chia, sunflower, flax seed) and nuts, unripe avocado, dried fruit like cherries, goji berries, dates, figs, cacao or carob powder.
- Also bring BPA-free coconut milk or almond milk and coconut butter (Artisana brand)

### MORE BREAKFAST

- Ask for oatmeal at the restaurant with no added sugar. Add your own seeds, nuts and coconut milk to the meal.
- Ask for sausage and sautéed vegetables – many chefs would make that for you.

## SALADS / LUNCH

- BPA-free can of sardine or salmon
- Smoked salmon (keeps well with no refrigeration for a week)
- Nitrates-free salami (keeps well for 5-6 days or longer even with no fridge)
- Avocado
- Pre-mixed salad dressing (olive oil, lemon/ACV, salt, herbs)
- 4oz olive oil bottle (or any small bottle)
- Mixed greens (keep well for 4 days in a air-tight container, put paper towel at the bottom)
- Sprouts (keep well for 4 days in a air-tight container, put paper towel at the bottom)

- BPA-free can of chickpeas or any beans
- Cherry tomatoes (if nightshades are tolerated)
- Seeds and nuts for some crunch. Avoid trail mix, it's typically loaded with sugar-coated fruit.
- Gluten free crackers like Mary's Gone Crackers or flaxseed crackers from Doctor in the Kitchen
- Hard-boiled egg, if tolerated
- Wraps: see below

## MAKE YOUR OWN WRAP



I've found this to be the best thriving traveler's trick: WRAPS!

My favorite choice is this **dehydrated veggie wrapper** from **Easy Living Foods** (organic, sprouted and raw – see the wrap above) and they ship nationally. The wrappers last for seven days with no fridge and one month in the fridge.

You can also use **nori sheets**, **lettuce**, **cabbage leaves** or **coconut sheets** but I found the latter not to be too tasty.

What can you put in a wrapper? Anything from the items I mentioned above under "Salads." I just find wrappers to be more portable food than a salad, I therefore prefer them.

This is one example of my quick wrap when on the road: dehydrated veggie wrapper filled with smoked fish, sprouts, arugula and olives, drizzled with pre-make olive oil and lemon dressing. Two of these make a complete, healthy and tasty lunch or dinner.

For more quick meals and wrap ideas, head over to **Cooking for Balance**, an online cooking program what teaches how to eat to rebalance your hormones.

One chart from the Cooking for Balance program I will share with you here is a chart showing you how to mix and match food in your wrapper. I hope you find it helpful.

**WRAPS on the go**

WRAP	+	FILLING				
collard greens (raw or steamed) lettuce leaves rice sheets (dehydrated) nori sheets veggie wraps <sup>1</sup> rice tortilla corn tortilla (if tolerated)		<table border="1"> <tr> <td> <b>PROTEIN</b>                              chicken leftovers                              smoked fish                              bacon pieces                              salmon leftovers                              canned sardines                         </td> <td> <b>FAT</b>                              avocado                              olive oil                              macadamia oil                              tahini (sesame paste)                              avocado oil                              bacon bits                         </td> </tr> <tr> <td> <b>VEGETABLES / SEAWEED</b>                              (cooked or raw)                              carrots                              cucumber                              cured olives                              zucchini                              sprouts                              arugula, mizuna, etc                              any vegetable of your choice                              seaweed (e.g. hijiki, nori)                         </td> <td> <b>FLAVOR</b>                              fermented vegetables (e.g. sauerkraut)                              miso paste (soy-free)                              lemon                              lime                              pesto (dairy-free)                              any dressing (see recipes)                              avocado dip                              grated ginger                         </td> </tr> </table>	<b>PROTEIN</b> chicken leftovers smoked fish bacon pieces salmon leftovers canned sardines	<b>FAT</b> avocado olive oil macadamia oil tahini (sesame paste) avocado oil bacon bits	<b>VEGETABLES / SEAWEED</b> (cooked or raw) carrots cucumber cured olives zucchini sprouts arugula, mizuna, etc any vegetable of your choice seaweed (e.g. hijiki, nori)	<b>FLAVOR</b> fermented vegetables (e.g. sauerkraut) miso paste (soy-free) lemon lime pesto (dairy-free) any dressing (see recipes) avocado dip grated ginger
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Examples:  
 A: steamed collard greens + smoked fish + avocado + sprouts + pesto  
 B: veggie wrap + bacon + arugula + sauerkraut

<sup>1</sup> Can be purchased from [www.EasyLivingFoods.com](http://www.EasyLivingFoods.com)



## DINNER

People who are vegan or eat kosher have no qualms to ask the restaurant or friends to comply with their nutritional needs. You should therefore **never feel sorry or guilty** for requesting something special of a restaurant. I personally found that it helps to just state that you are having special dietary needs and ask the server to help you navigate the menu and the kitchen.

Here are some simple and safe meal ideas most chefs would be happy to make for you:

- Grilled or roasted animal protein or fish (no batter) with a salad or sautéed vegetables.
- Large salad without the food you are avoiding, plus dressing (see below).

- Dressing: ask for olive oil, salt and lemon/lime to accompany your meal. Do not eat the premade dressings.

## WHERE TO SHOP (before you travel)



My favorite go-to place is **Thrive Market** – it’s like Whole Foods meets Costco, online. It’s the perfect place to stock up on healthy packaged food but allow at least 7 days for shipping. With a purchase above \$49, shipping is free.

## What I recommend getting from Thrive Market

### Bars

I’ve spent the last 2 hours researching them and pre-selecting them based on low sugar content. Most bars are loaded with sugar (remember? 4g = 1 tsp, so you do the math), therefore always remember to check the back of the packing (not just the pretty front).

- Paleo bars: EPIC, Tanka bars
- Ancient Grains bars
- Healthy bars (low sugar, high protein): GoRaw, Mama Chia, Lara bars (high in sugar, though)

### Crackers

- Dena’s Fuel For Fitness – a few flavors
- Mary’s Gone Crackers

- Doctor in the Kitchen
- Edwards & Sons rice crackers
- Go Raw Flax Snax

## Jerky

- The New Primal (love them, as they are lowest in sugar – 1gram per serving, awesome)
- Krave (not loving the amount of sugar in them, though – Teriyaki contains 8g per serving)

[Get started with Thrive here.](#)

## TEAS

Bring your own flank to make your own teas. Bring tea bags of tulsi (holy basil), fennel, nettle, peppermint, ginger, green tea, matcha tea, etc.

## LOCAL FINDS

We often assume that the place we are going to is never going to have food as good as we like it. Sometimes that's true but not always. I therefore recommend that you also hit up a few online spots:

1. Google “organic health store” or local Whole Foods
2. Visit the [Eat Well Guide](#) to look for healthy options.
3. Look up Yelp.com and enter “organic restaurant” or “organic shop” or “food coops.”