

# HEALTHY TRAVEL & DINING OUT TIPS

## 1 DO YOUR HOMEWORK BEFORE TRAVEL

Research restaurants and grocers that use local and/or organic products where you can dine with peace of mind and stock up on groceries and travel snacks.

## 2 WHAT TO PACK

Before going to the airport, have a green smoothie to help curb appetite, keep you hydrated, and remove unhealthy temptations around you.

### Pack and bring with you:

- ✓ Assortment of raw veggies for snacking on the plane (cucumbers, carrots, celery, peppers, broccoli)
- ✓ Homemade organic popcorn in a sealable bag for snacking on the plane or while touring
- ✓ Sealable bag of mixed nuts (walnuts, almonds, pine nuts, cashews, pumpkin seeds, sunflower seeds, raisins, small round figs) in case hunger strikes
- ✓ Sealable bag of organic oats sprinkled with cinnamon, a date and few walnuts. This can be used on the plane or at the hotel. All you need to ask for is hot water. Piece the date into small pieces, pour the hot water over the oats and let it sit until water is soaked. Then add walnut pieces for added crunch.
- ✓ Small packs of dried organic green powder (i.e. Ora Greens Powder, Peak Performance Greens Superfood Powder, Barlean's Organic Green's Powder). If they don't have small packets, you can individually portion them into sealable bags yourself. This is great to have in case you won't have access to many greens. Just mix with coconut water for a quick hydrating & nourishing snack.
- ✓ A re-useable glass or stainless-steel water bottle. Carry it around with you wherever you go to keep hydrated. Make sure it's empty at security and refill it on the plane. Electrolyte packets can also be helpful to stay hydrated during travel.
- ✓ Pack 2 cups of Epsom Salt (magnesium sulfate) in a resealable bag & soak in a bath for 15 minutes in clean filtered water after travel to help detoxify from the cosmic radiation exposure from the airplane.

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## GENERAL DINING OUT / MENU TIPS

- ✓ Drink a large glass of water about 20 minutes before going out. This will help curb your appetite and keep you from overindulging.
- ✓ Order a salad as your first course with dressing on the side.
- ✓ Quiz your waiter and make special requests (see notes below)
- ✓ Ask for organic animal products/proteins if available
- ✓ Ask waiter to pack half of your plate (even before bringing it to you) as the portions tend to be larger in restaurants

### Words to avoid when ordering from menu:

- creamy, roux/gravy, au gratin, battered, crispy, fried, sautéed, buttered, sweetened, tuna/chicken/crabmeat salad (usually mock meat loaded with preservatives and vegetable oil-based mayo)

### Words to look for when ordering from menu:

- grilled, baked, steamed, poached, boiled, stir-fry (if nothing else available), vinaigrette

### Avoiding GMO's:

- Avoid big, popular restaurant chains like Subway, Cheesecake Factory, Applebee's, PF Changs, etc. The food is loaded with preservatives, additives, MSG, GMO's, etc.
- Choose smaller, family-run restaurants that use locally harvested ingredients instead.
- Ask for grass-fed, organic animal products. If none are available, choose a vegetarian dish. Note, don't be too strict about this if you don't dine out frequently as it's difficult to find restaurants offering quality organic animal products.

### Special requests when ordering out:

- Ask for all dressings (including in sandwiches) on the side. Even better, ask for a wedge of lemon and extra olive oil instead to avoid inflammatory vegetable oils.
- Ask for vegetables to be steamed and not buttered afterwards (unless from a grass-fed organic source)
- Ask for whole potato instead of mashed potato (they often use powdered potato flakes)
- Ask for a side raw salad to substitute with healthier sides like French fries that may come with the plate