

FIT BODY BOOT CAMP

On-the-go guide

Sometimes, it's not possible to prepare and enjoy every meal at home. But that doesn't mean you can't plan ahead for when life happens. Whether you travel for work or have a busy social life, here are some simple strategies for staying on track.

WHEN TRAVELING

Plan Ahead

Pack a cooler with pre-cooked, cut-up chicken or salmon, hard-boiled eggs or Greek yogurt.

Get Creative

Wrap deli turkey around colorful peppers and dip in guacamole or salsa! Or enjoy smoked salmon rolled around chunks of melon or kiwi.

Eat Your Veggies

It's really easy to overdo fruit, especially on the go. But that doesn't mean you're limited to carrots! Pack sugar-snap peas, home-made kale chips, or pre-cut cauliflower, cucumbers and peppers.

Don't Forget the Fat

Nuts are a great portable snack, but like fruit, it can be easy to overdo it. Olives make a great on-the-go snack and like nuts, don't require refrigeration. You can also find single-serving containers of nut butters at most grocery stores.

AT A RESTAURANT

Review the menu before you arrive. Look for foods on the food list and don't be afraid to ask for something to be prepared differently than it's presented on the menu. Most restaurants are happy to bake, steam or broil instead of fry.

Enjoy a leafy salad topped with a lean burger patty (no bun!) and dressed with oil and vinegar or, bring dressing from home. Most restaurants won't care.

French fries are not vegetables! When dining out, ask for a baked potato (white or sweet), double up on steamed veggies or ask for a side salad.

Ask that your vegetables be prepared in olive oil. Add some avocado or olives to your salad.