

# Eating Well On The Go by Bree Marsh, RD, LD, IFBB Figure Pro

In the sport of bodybuilding, nutrition is a major component of success, and many times athletes sacrifice social outings and travel while in prep, so they are able to stick to their plan 100%. But what about those times when travel is essential? Or what about when the shows are over and you still want to maintain a reasonable diet AND enjoy socializing and eating out more often? Eating well while traveling takes a little more effort on your part, but these days, with so many options available, it is definitely easier than you may think. Most airports and gas stations have a large variety of healthier foods to choose from. You definitely don't have to settle for fast food or pre-made microwave meals! Here are some examples of healthier food options that you can buy at most airports and gas stations...

**Protein Box.** Typically contains a hard boiled egg, cheese, nuts, and fruit.

**Greek Yogurt.** I like to get the plain non-fat if it's available and mix it with fruit and nuts.

**Salad with Grilled Chicken.** There are usually a few different options, skip or go light on the dressing.

**Hummus.** Usually comes with pretzels, but sometimes you can get some raw veggies instead (*Tip: you can bring your own veggies from home but typically can't bring hummus through security if traveling on a plane!*)

**RX Bars.** This is one of the few snack bars I recommend. Minimal ingredients, no added sugar, decent amount of protein, and no artificial sweeteners. Chocolate sea salt is my favorite.

## What about stuff you can make at home and bring on an airplane? Here's several options to consider...

**Pre-made "Meal in a Cup".** Like Quinoa Kale cups. Recipe on right.

**Fixings for Overnight Oatmeal.** Oats, nuts, dried fruit, chia seeds, honey packet. Recipe on right.

**Cooked Chicken.** Freeze after cooking. Recipe on right.

**Whole Wheat Tortillas.** Use these as wraps for chicken, along with some condiments you can get at the airport. Another option, peanut butter banana roll up.

**Raw Veggies.** Like carrots, celery, cucumbers, broccoli, bell peppers, and cauliflower. Like I mentioned above, you can buy some hummus at the airport, after going through security.

**Fruits** like apples, bananas, and berries. You can also buy

some of these at the airport.

**Protein Powder** – put each serving in its own plastic sandwich baggie, and don't forget your shaker bottle! Mix with water or milk of choice. (**SMG Find:** SharkTank recently featured a company called Vade Nutrition that makes 100% whey dissolvable protein scoops. Perfect for when you are on the go, vade-nutrition.com)

**Individual Packets of Peanut or Almond Butter** – available at most major grocery stores. Make sure it's the appropriate number of ounces to bring through security!

## What to get when going out to dinner....

Look at the menus before heading out to restaurants. If you're doing a macro-based plan, find an entree that fits into your programmed macros. If you're not training for anything specific, but you still want to keep it under control, focus instead on nutrient dense foods and simply practice portion control. Typical portions at restaurants are usually double the serving size. Sometimes, a good idea is to ask for a box beforehand and divide your food in half right when it gets to the table. Save the other half for lunch the following day. Another idea is to split an entrée with your significant other. Go easy on the appetizers and skip the dessert all together. Instead, look forward to having something small when you get home, like a piece of dark chocolate or a serving size of HaloTop or another protein-rich ice cream.

So again, you don't have to settle, sacrifice, or miss out while traveling, or when you are on the go just to stay on point. With a little planning ahead of time, your nutrition plan can become a lifestyle that's easy to make work anytime, anywhere, even when you're traveling.

Share your healthy, easy on the go meals with us on Instagram! Tag us - #smgfitonthego, #southernmuscleguide, @southernmuscleguide



## Quinoa Kale Cups

12 Ounces Cooked White Quinoa  
8 Ounces Finely Chopped Raw Kale  
(I like to shred the kale up super fine using my Vitamix )  
8 Whole Eggs  
8 Ounces Shredded Sharp Cheddar Cheese  
1 Cup Plain Non-Fat Greek Yogurt  
½ Teaspoon Salt  
½ Teaspoon Pepper

1. Rinse quinoa and cook according to package directions. Most of the time it needs to be rinsed first.
2. Preheat oven to 350 degrees.
3. Make sure quinoa has cooled completely, then weigh it out.
4. In a large mixing bowl, combine all ingredients and mix thoroughly.
5. Line 18 large baking cups with muffin liners and scoop mixture evenly into cups.
6. Bake at 350 for 23-25 minutes, until set. Allow to cool completely.

*Tip: If you have a long travel day, I recommend freezing them beforehand.*

Makes 18, serving size = 2 each  
Macros – 230 calories, 12g carbs, 13g fat, 16g protein



## Overnight Oatmeal

½ Cup Dry Rolled Oats  
1 Tablespoon Chia seeds  
2 Tablespoons Chopped Walnuts, Almonds or Pecans  
2 Tablespoons Dried Cranberries, Blueberries, Raisins, or my favorite, Goji Berries  
2 Tablespoons Protein Powder, unflavored if possible  
2 Tablespoons Cocoa Nibs, optional  
1 Individual Packet Honey OR Stevia  
1 Cup Water or Milk of choice

1. Place all dry ingredients together in an airtight sandwich bag.
2. Buy milk of choice (or just use water) when you get to your final destination.
3. Place all ingredients together in a bowl, cup or I like to use a mason jar and set in fridge overnight.
4. Enjoy in the morning straight out of the fridge, or allow to come to room temperature.

Makes 1 serving  
Macros (without cocoa nibs and with honey) - 520 calories, 70g carbs, 20g fat, 25g protein



## Roasted or Air Fried Chicken

1 Pound Boneless Skinless Chicken Breast  
1 Tablespoon Soy Sauce or Coconut Aminos  
1 Tablespoon Dijon Mustard  
1 Tablespoon Maple Syrup

1. Mix together soy, Dijon, and maple syrup.
2. Add chicken and allow to marinate in fridge for at least two hours or overnight.
3. Bake in oven for 45-50 minutes at 350 or cook in the air fryer according to directions.
4. Allow to cool, then slice up into 4 ounce portions and place in sandwich baggies or aluminum foil.
5. Freeze for at least 12 hours, this way you won't need to use any ice to keep it cool while traveling.
6. Once thawed out, eat right out of the bag or wrap in tortilla or add to salad.

Makes 4 servings  
Macros - 140 calories, 3.5g carbs, 2.5g fat, 23g protein