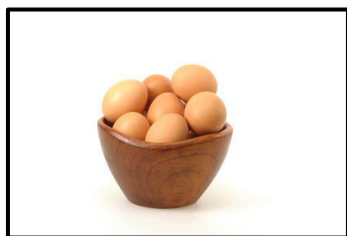


Healthy Eating Tips When You're On the Go

Ideally, we would like everyone to have the time to cook and prepare meals regularly. While we strive to make time for that in our lifestyle, there are times when things don't go as planned and we either don't have much time to pull something together or we're in a situation where dining out is the only option. If you find yourself in that position or if you travel regularly, the tips below can help you make the best choices possible for your long-term health.

When You Have 20 Minutes & Access to Your Kitchen

The strategies below are ideal when you have 20 minutes or so that you can be in the kitchen to whip something together quick.



Idea #1: The "Breakfast Style" Strategy

Heat coconut oil or pure olive oil in a frying pan over medium to high heat. Place some beef bacon or sausage in the pan and cook. While the meat is cooking, dice a tomato and chop the flesh of half an avocado and transfer to a small bowl. Once the meat is done remove it from the pan, lower the heat and scramble 2 to 4 eggs—they'll cook fast. While the eggs are cooking coarsely chop the sausage or tear it if it's bacon and sprinkle over the tomato and avocado. Top the bowl with the eggs and mix together. Season with Celtic Sea Salt and pepper and enjoy.

Idea #2 Easy No Rice Stir Fry

Heat coconut oil or pure olive oil in a frying pan. Chop half an onion and add to the pan once the oil is hot. While the onion is cooking, coarsely chop 3 to 4 veggies like a green pepper, a handful of mushrooms, a portion of eggplant and zucchini. Add to the pan with the onion and sauté the veggies, seasoning with salt, pepper and dried herbs like sage or parsley. Cook for just a few minutes, remove from the pan and sprinkle cheese over the top for protein if desired.

Idea #3 Protein or Meal Replacement Shake—The Easy Way Out

If you are pressed for time, a quick (and delicious) shake is the way to go. All you need to do is add the following to a Vitamix or power blender: 1 cup of frozen berries, 1 cup of coconut milk, 1 to 2 scoops Standard Process Veg-E Complete or SP Complete (vanilla works best) all are excellent choices. Add a scoop of Whey Pro Complete for extra protein if you'd like. Add half an avocado for healthy fat and to increase satiation. Blend everything up and sweeten with Stevia to taste if needed. Add more coconut milk to thicken the consistency if you need to. This is a great 'meal' to go.



#4 Raw Veggie Mix

Take 3 to 4 veggies like cucumber, tomato, red peppers and zucchini and coarsely chop. Throw them in a bowl and toss with extra virgin olive oil, salt and pepper to taste and clean organic Italian seasoning or dried oregano. Add goat cheese or feta crumbles and raw pecan halves or raw walnuts for protein.

Idea #5 Hard Boiled Eggs

Keep hard boiled eggs on hand for a quick snack or meal when you are running short on time. Peel the eggs and place them in a bowl. Coarsely chop them and have them with chopped avocado, tomato or salsa.

When Take Out or Fast Food Is Your Only Option

These are strategies for those times when you simply don't have access to a kitchen. Whether you're travelling or have a jam-packed day and simply don't have time to cook (hopefully not too often), the strategies below will help you make some great choices.



Strategy #1: Go for a Salad

Salads with protein such as chicken are the best choice. Do your best to avoid beef choices (unless you know it's organic). Conventional beef is toxic, has a terrible fatty acid ratio, is not organic and is not GMO-free, though it's much better than croutons/bread. Chicken, fish or other poultry is a better choice. The good thing about choosing a salad is that at least you get some fresh ingredients as well as vegetables.

Strategy #2: Select Oil or Vinegar Based Dressings

Oil and vinegar-based dressings are a better choice than cream based/dairy based dressings like ranch or Caesar. Dairy from conventional cows is not the best option, so if you can avoid it's best to do so. An alternative salad dressing would be olive oil and lemon juice for a very simple salad or even balsamic vinegar and olive oil for a salad that has a bit more going on.

Strategy #3: Get Fresh Food When Possible

Fresh produce is the cornerstone of a healthy diet. If you're in a situation where you don't have many healthy options, choose a place that has at least some selection of fresh produce. Delis and cafes often have fresh salads to choose from or even sandwiches that are made from fresh ingredients. Always remember: The fresher the better.

Strategy #4: Get Your Salad Dressing On the Side

When you order a salad at a restaurant, do yourself a favor and make a request for the dressing to be left on the side. Restaurant salad dressings are often

full of bad fats and sugar and they usually dump a lot more on than necessary. Asking for your dressing on the side will allow you to control how much you consume and how much you expose yourself to those less healthy ingredients.



Strategy #5: Avoid Drinks that Dehydrate

This is a guideline to live by—not just when you’re on the go. Sodas, teas and coffees can all be dehydrating drinks (apart from herbal teas which are often healing). Sodas and teas like Snapple or Nestea have way too much sugar and coffee is a stimulant that can leave you dehydrated and dragging after the buzz has worn off. Pure water is always a better choice than either of these.

Especially if you’re confronted with less healthy foods than what you normally eat, water is essential to cleanse and purify your body. If you need a pick me up in the middle of the day skip the sugary sodas and caffeine. Try having some berries as a snack instead.



Strategy #6: Get Epic Bars

Some of our best travel snacks are ordered online. Check out the offerings here: [Epic Provisions](#). We LOVE the healthy beef jerky and the snacks are not only delicious, but perfect for when you need something healthy on the go. These gourmet snack kits are comprised of several varieties of beef jerky —all naturally sweetened.

When you hear the words “beef jerky” you might be thinking of the kind that you find in gas stations or convenience stores, but this is nothing like it. If there were such a thing as gourmet beef jerky, this would be it. I highly recommend ordering some before your next trip or to just keep a few in the car when you’re pressed for time. This is also great if you have kids.

Best “Fast Food” Restaurants

Below is a short list of some of our favorite restaurants that have fresh ingredients for those times that you absolutely must order take away. We’ll continue to add more to the list, but here are few to get started—and please feel free to share if you find some places that you think should be on this list, too.



Chipotle Mexican Grill

Who doesn’t love Mexican food? This is by far one of our favorite places to carry out food if we have to. The food is fresh and so tasty. The icing on the cake is that all of the chicken/beef is free of antibiotics and hormones. There are also organic options in the restaurant and they do their best to support local farmers and sustainable living. We can’t say enough about Chipotle.

Panera Bread

Not only do you get a lot of variety at Panera, but there are tons of fresh salads to choose from as well as fresh fruit. Their chicken is also free of hormones and antibiotics.



Jason's Deli

Jason's Deli is much like Panera Bread in that it has a selection of salads, soups and sandwiches. The difference is that about 20% of their ingredients are organic and they have very good (meaning reasonable) portion sizes.