

Travel Guide

"Eat healthy, be nutrition-wealthy!"

Eating healthy is too hard when you're traveling because airports are not well-known for healthy food options. Hence it's very difficult to make good food choices. To help you travel like an expert, Shweta would love to share her picks for the best all-around meals and snacks you can get at the airport or in the flight.

1. Golden tips to take care while travelling.
2. Travel Menu - Airport Menu, Air Flight Menu.
3. Travelling Cautions.
4. Road Trip Menu.

Golden tips to take care while traveling:

- 1) Stay away from fast food burger, pizza, and stuffed food items.
- 2) Avoid deep-fried and fatty foods which are heavy to digest such as sugary items, white bread etc. Choose stewed, sauté or grilled food.
- 3) Avoid alcohol and caffeine, as it is extremely dehydrating. Instead of it opt herbal tea, mint tea and best is plain water.
- 4) Try not to consume gas-producing foods like fizzy drinks, onion, potato, garlic, dairy products, beans and broccoli.
- 5) Add a slice of lime to your glass of water. Eat more fruits.
- 6) Sometimes, soup and vegetable salad may be enough to fill you. But avoid salad dressing, it makes a salad unhealthy. Choose non-cream based, light and fat-free salad dressing OR just go with olive oil and vinegar.
- 7) Do not forget to carry your supplements.

Course	Indian Menu	English Menu
Breakfast	<ul style="list-style-type: none"> • Fruits-Apple, Orange • Vegetable sandwich (with whole wheat, multigrain bread, without butter) • Idli (2) • Sada OR RavaDosa(1) • Upma • Uttapam (1) • Plain Paratha (1) • Appam • Sprouts Chaat (1 Bowl) • Vegetable Poha • Chilla (1 big) • Pancakes (2 small) • 2 Hard boiled Eggs whites, 	<ul style="list-style-type: none"> • Fruits-Apple, Orange • 2 Toast with 1 cup Milk • 1 Toast with Avocado / Eggs • Poached egg omelette • Muesli with milk • 2 Hard boiled Eggs whites, omelette, scrambled) • Dried Jerky (meat- check for sodium content) • Low-fat cheese (1 cube) with 1 toast • Oatmeal (Blueberry whole-grain) • Grilled fast-food • Whole-grain bagel (1) with

	<ul style="list-style-type: none"> omelette, scrambled, veggies) • 1 Bread Toast (whole wheat/multigrain) + 2 egg whites • 1 Chicken Breast with 1 Toast 	<ul style="list-style-type: none"> fresh fruits or low-fat yoghurt • Trail Mix • Cereal • 1 Egg Roll • 1 Chicken Breast with 1 Toast
Lunch & Dinner	<ul style="list-style-type: none"> • 2 scoop protein powder with Cold water • 1 bowl Brown Rice + Chicken Gravy/ Any Dal (if available) + 1 bowl salad Sticks • Fish curry + Roti (1) • Chicken curry + 1 bowl Rice OR Roti (1) • Grilled fish • Fish Pulav (1 serving) • Tawa fry fish (Low oil, 200 gm) • 1 Chicken Shawarma + 1 glass Lime Water • 1 bowl Shorba (without cream) • 1 bowl Grilled Veggies OR Fattoush • Grilled Tofu/ Chicken/ Fish • Baby corn with mushroom and veggies + 1 bowl Chicken Clear Soup • 1 bowl Chicken/ Veggies fried Rice • Chicken seekh kebabs (3) + 1 bowl stir fry veggies • 1 bowl Veggies / Chicken Pasta • 2 bowls Beans Soup <p style="color: red;">(AVOID RED MEAT)</p>	<ul style="list-style-type: none"> • 2 scoop protein powder with Cold water • 1 portion Mezze Platter (Veg/Non-Veg) - prefer grilled options • 4-5 pcs of Manti + 1 bowl Yogurt • 2 Portion Turkish Style Omelette (Menemen) + 1 bowl Salad Sticks with any dip (No mayo) • Stir fried veggies with Garlic sauce • 1 bowl Minestrone soup + Tandoori Chicken / Paneer Pizza • 1 bowl Veggies/ Chicken Pasta • 6-7 pcs Tacos (add chicken shredded) • 2 kuboos with Hummus - 1 bowl • 1 bowl Guacamole + Baked beet chips / Cucumber slices / Carrot slices / Sweet potato chips / Zucchini chips • Quinoa Tabouleh • Rice roll (1) <p style="color: red;">(AVOID RED MEAT)</p>
Snacks	<ul style="list-style-type: none"> • Nuts+ Fruits • Crackers (Whole wheat with peanut butter) • Dried fruits • Granola Bar • Protein Bars • Veggies • Makhanas) • Jowar puffs • Khakhra (1) 	<ul style="list-style-type: none"> • Greek Yogurt • Dried fruits • Biscotti • Granola Bar • Protein Bars • Popcorn (without butter) • Pretzels • Celery sticks • Pita Chips • Sugar-free nuts

	<ul style="list-style-type: none"> • Sukhabhel • Sugar-free nuts • 1 bowl assorted fruits 	<ul style="list-style-type: none"> • Crackers (whole wheat with peanut butter) • 1 bowl fruit salad
Post Dinner	<ul style="list-style-type: none"> • 1 scoop Protein powder • 1 Bowl clear soup • 1 cup milk ü Chia pudding 	<ul style="list-style-type: none"> • 1 scoop Protein powder • 1 cup milk
Drinks	<ul style="list-style-type: none"> • Coffee (low-calories creamer) • Low-fat milk OR soy milk • Protein milk shake • Tomato Juice • Low-fat milk • Almond Milk • Green Tea • RAW Juice • Herbal tea • Masala Tea • 1 Glass coconut water 	<ul style="list-style-type: none"> • Cappuccino with fat-free milk • Almond Milk • Green Tea • Raw Juice • Protein milk shake • Black coffee • Matcha Tea • 1 Glass coconut water

In-Flight Menu:

Course	Menu
Breakfast	<p>Airplane food has a bad rep and are failed to provide nutritious, low-calorie options. To avoid unhealthy airplane food, you can pack your own healthy breakfast.</p> <ul style="list-style-type: none"> • Salad • Chicken Sandwiches • Upma • Fresh Fruits <p><i>Apart from this you can use little creativity here and make healthy, delicious and filling mini meals in a minute.</i></p> <ul style="list-style-type: none"> • Greek yoghurt - Add sliced banana, add some milk, almonds, and cereal. • Oatmeal- Get hot water and add some fruits. • Fruits salad- Add toasted almonds and couscous. • Ginger Tea- Get ginger, lemon slices and honey and add hot water. Let the brew steep until it's nice & spicy. • Pasta- Add hot water and let it cook for minutes. <p>Double-Up on Protein - Doubling up on protein helps you stay satisfied while traveling.</p> <ul style="list-style-type: none"> • Jerky and nuts will keep hunger at bay for longer.
Lunch & Dinner	<ul style="list-style-type: none"> • Follow the restaurant guide religiously. • Best option pre-book your meal with the airline in advance or ask for your desired nutritious food at a time.
Beverages	<ul style="list-style-type: none"> • Drink lot of hydrating fluids, especially water because staying hydrated while traveling is as important as making healthy food choices. • At the same time, it is very important to avoid alcohol, cold drinks etc.

Sandwich is the most common and universally available food. Whether it is a breakfast, lunch or dinner time, “sandwich is the best healthier food option when nothing else will do.”

- 1) Choose whole wheat/multigrain bread.
- 2) Avoid cheese, high calorie cream, butter, margarine.
- 3) Wrap with as many vegetables as you want.

Best option to grab-and-go Starbucks:

Try to find a Starbucks.....because it has some good grab options. Starbucks is known for its caloric and nutritional food value. At Starbucks you opt:

- Protein Bistro Boxes
- Spinach and feta wrap
- Blueberry Whole-Grain Oatmeal
- Sandwiches & Wraps
- Blueberry Muffin

Travelling Cautions:

- McDonald's
- Pizza hut
- KFC

Road trip:

“Eat health While Traveling!”

Snacks and Breakfasts are the most important consideration when we board on a road trip. Packing the right, healthy food keeps us on a track.

It's always a wise choice to pack nutritious food that helps to keep your energy levels up while travelling. So ***“Eat well anywhere!”***

Course	Menu
Breakfast	<ul style="list-style-type: none"> • Whole-Wheat Crackers • Whole-grain Cereal • Fresh fruits • Homemade Muffins • Veggies-sugar snap peas • Baby carrots • Corn on the cob(without butter) • Tomato OR sliced cucumbers Sandwich, wraps, burritos Fruit OR vegetable salad • Soups • homemade Granola Bars • Oatmeal • Muesli Scones • Omelette • Oats • Rice Cakes • Wheat flakes nut mix • Boiled eggs • Thepla
Snacks	<ul style="list-style-type: none"> • Greek Yogurt • Low-fat cheese sticks • Popcorn • Nutrition Bars • Nuts & Seeds • Baked potato chips • Khakhra • Homemade Hummus with raw veggies • Crackers or pita chips • Trail mix-combination of shredded coconut, roasted chickpeas, different nuts & dried cherries • Protein Bars • Kale Chips • Roasted Chickpeas • Pretzels • Bagels