



by Siddhartha Singh

4 Airport Meals That Will Keep Your Brain Sharp & Body Light

Airports are designed to hijack your hunger. Sugar bombs, fried comfort, food coma at Gate 23.

These four choices beat that system.

1. Greek Yogurt + Nuts + Fruit Cup

Found almost everywhere — cafés, lounges, even the sad fridge near the boarding gate.

Why it works: Protein steadies blood sugar, nuts slow digestion, fruit adds quick fuel. Clean energy. No crash. No regret.

2. Grilled Chicken / Paneer Wrap (**Sauce on the Side, or Not at All**)

Subway, wrap counters, grab-and-go fridges — this combo is hiding in plain sight.

Why it works: Protein anchors your meal, carbs keep you mentally sharp, skipping heavy sauces avoids bloating at 35,000 feet.

3. Salad Bowl with a Protein Upgrade

Base greens + chicken, boiled eggs, tuna, paneer, or tofu.

Olive oil or vinaigrette > creamy dressings every time.

Why it works: Nutrient-dense, light on the gut, and perfect when you don't want to land feeling sluggish.

4. Protein Shake + Banana (**The Travel Cheat Code**)

Carry single-serve protein sachets. Add water or milk from any café. Grab a banana from a kiosk.

Why it works: Zero dependence on airport food quality. Fast, portable, and surprisingly satisfying when options are terrible.

Final thought:

You don't need "healthy airport food." You need predictable fuel.

Eat like this and you'll land focused, light, and ready — not sleepy, bloated, and wondering why you ordered fries again.