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Healthy Travel Hacks for Spring Break



With spring break around the corner, there's likely travel in your future. Keeping your nutrition routine up while you're on the road can be challenging, but it shouldn't feel impossible. We have all witnessed food

options at truck stops and in airports and it's certainly not the picture of health. So, what's a healthy traveler to do? That's why I'm here! From travel hacks to pool side snacks you can now enjoy your vacation and feel great afterwards with just a little planning.

Never Travel Without Snacks

Yes there will always be food available but often times not what we want. Travel with a small bag of snacks or a simple meal that passes security to keep you covered for your travel period. Some of my favorites include:

- Nutrition Bars: R.E.D.D., GoMacro, RX Bars and Health Warrior Chia Bars are my top picks for bars.
- Fruit and Veggies: Security safe and whole food based! I always travel with both in my Stasher bags.
- Nut Butters: Barney Butter, RX Nut Butter and Justin's are portion controlled, mess free and can be paired with the above or enjoyed right out of the packet if needed during travel to keep you satisfied thanks to the heart healthy fat and protein they provide.

- Pack a salad or a sandwich: Grab a Sweetgreen salad to-go or make a quick sandwich, both pass through security and pass our nutrition test!
- Protein Powder: Add this to an empty water bottle and when you get through security head to the nearest coffee shop and ask for a coffee or even a latte. Stir in your protein powder or Collagen for a drink that will keep you full for hours.