
The Busy People's Guide To Healthy Eating on the Go



How to fuel your body for better health and more energy even when you have a crazy busy schedule.

One of the biggest struggles that most people face today is a hectic schedule.

We're so busy that it makes eating healthy a real challenge. Quick and convenient foods end up taking the place of healthy, nourishing food when we're on the go, go, go all the time. These less-than-ideal food choices put us on the hamster wheel of experiencing low energy, weight gain, and potential health problems.

What if I told you it didn't have to be this way? You don't have to be a slave to your schedule and resort to fast food or processed foods on a regular basis.

It is possible to eat healthy foods, even with a jam-packed schedule. It just requires a little bit of pre-planning to ensure success. You'll feel better, have more energy, and your waistline will thank you too.

When you start fueling your body with healthier choices, you'll probably also find that you don't have that 3 PM slump or need that afternoon caffeine boost. (These are a couple of added benefits many of my clients experience, and they're always pleasantly surprised).

I've included a list of healthy snack ideas to get you started, so keep reading.

Eating Healthy When You're Not Home

There are plenty of circumstances that will take you away from your office or home, and make it more challenging to eat healthy food. Take the time to plan ahead and you can relax knowing that you won't be derailing your healthy living efforts by consuming empty calories that only make you hungry again a short time later.

Business Meetings and/or Networking

Whether you work in a home office or a brick and mortar building away from home, usually you have access to a refrigerator and kitchen. So stocking healthy foods for lunch and snacks is easy. However, those days that take you out of the office need to be thought about and planned in advance. You might need to brown bag your lunch or keep some non-perishable healthy snack in your car so that you won't be at the mercy of fast-food restaurants or convenient stores limited choices. Think through your day in the morning before leaving home, and make sure to have the food you'll need on hand no matter where you'll be.

Daily Errands and/or Kid's Activities

Most of us spend several hours in our vehicles every week running errands, stuck in traffic or shuttling kids back and forth between activities. If we don't plan ahead, it is easy to fall into the trap of swinging through the closest drive through when you (or your family) are hungry.

Don't wait until the point that you're starving to make food choices, as this will almost always lead to bad decisions. Instead, plan ahead, so you don't have to rely on your willpower alone to keep you on track. Pack easy to carry healthy snacks, and keep them in either your purse or your vehicle. This way you always have healthy choices right at your fingertips.

Road Trips

Just because you're on a business trip or vacation, doesn't mean you should take a total hiatus from your health goals. You can still live a healthy lifestyle on road trips by packing healthy foods to eat in the car. You can pack a cooler to keep handy, so you have easy access to snacks and water while on the road. If you're planning on stopping at rest areas along the way, pack a nutritious picnic lunch to eat before you head back out on the next leg of your trip.

Airports

Even though you can't pack liquids in your carry-on bag, there are still plenty of options for what you *can* bring. Many folks don't know that you are permitted to bring food through the security

check, as long as you are not toting liquids. Bring meals or snacks from home, or order from your favorite take-out restaurant that has healthy options, and pick it up on your way to the airport. You can pack wrapped whole food snack bars, nuts, seeds or even pieces of fruit in your personal items bag. With a little creative planning, you can keep your nutrition on track, and save yourself a bundle of money you would have otherwise spent on pricey (and often unhealthy) airport food and snacks.

Foods That Are Easy to Pack

The following items are all easy to prepare, and convenient to take on the go. Feel free to experiment, and find out which snacks best fit your preference and lifestyle. Mix and match options to see what works for you. Be sure to keep any perishable foods in a cooler or use an ice pack.

- Baby carrots and cucumber slices with hummus
- Sliced or whole apples with nut butter or sun butter
- Clementine or mandarin oranges
- Grapes
- Sliced or whole pears
- Smoothie (if you plan to drink it within 30 mins or so)
- Nuts and raisins (you can make your own trail mix)
- Pumpkin seeds (pepitas) and/or sunflower seeds
- Whole Food Snack Bars (such as Kind or Larabar)
- Sandwiches or wraps
- String cheese or cheese cubes
- High quality beef jerky
- Cut-up rotisserie chicken (keep cool with an ice pack)
- Hard boiled eggs

Make the Most of Technology

Almost everyone has a smartphone with them at any given time. You can use this readily available technology to your advantage. Keep your food choices healthy when you're on the go by utilizing apps that make healthy living easier.

"Healthy Out" is a handy app to keep your nutrition on track when eating out. You can search by tags like meals under 500 calories, paleo, heart healthy, and more. Download the app for iOS or Android to find restaurant meals that fit your needs.

If you or anyone in your family is gluten intolerant, it may be a challenge to find restaurants that serve gluten-free meals. You can use the app called "Find Me Gluten Free" to help find restaurants with gluten free offerings in your vicinity.

Make Midweek Meals Easy

Just because you have had a busy day doesn't mean you have to resort to fast food or processed foods for dinner. With a little forethought, you can make sure your family has healthy meals ready to go when you walk in the door.

With the advent of Pinterest, you now have thousands of healthy crockpot meal ideas available for free. Do a quick search and see what recipes may interest you and your family. If you prep everything the night before, or even earlier in the morning, you can come home to a delicious home-cooked meal that is ready to serve.

Other helpful website for crockpot recipe ideas is Allrecipes.com and Myrecipes.com

TIME SAVER TIPS:

1. Batch cook and plan for leftovers. When you do have a chance to cook, simply double the recipe and set the extras aside to use later in the week on a particularly busy day. It takes very little extra effort to double the recipe, and you will reap the benefits of time savings later in the week.
2. Consider purchasing pre-cut, pre-washed vegetables, fruits and salad fixings. You'll be able to put together a salad or side dish minus the time-consuming process of cutting and chopping. You might think it is more expensive, but you'll be saving lots of money from take-in and convenience unhealthy fare you purchase when time crunched.
3. Get the family involved. From a relatively young age, kids are capable of doing lots of kitchen chores. Consider taking a cooking class with your child and introducing him/her to skills as they are old enough to manage them. Not only will having a kitchen helper save you some time, but you'll also be teaching your children how to fend for themselves and create healthy meals as they grow and go out in the world to live their lives.

Make Healthy Eating Strategies Work for You

Even with a busy schedule, you can still make sure that you are eating healthy, nutritious meals. By putting in a little bit of planning, you can ensure that you and your family enjoy healthy foods that support your lifestyle and your goals.

You can do this! Let me know if I can help.



Ellen Goldman created **EllenG Coaching** to help overextended business professionals and entrepreneurs who are worried about their health and happiness, and are either exhausted, burnt out, out of shape, overweight, or all of the above! Through her coaching programs, motivational talks and online courses, she shows clients how to integrate health into their busy lifestyles with simple, small steps that lead to massive change, resulting in greater energy, focus, productivity and happiness every day. With 30 plus years experience in the health and fitness industries, working as a personal trainer and certified wellness coach while raising her family, Ellen knows first hand that you *do not* need to sacrifice your health and

happiness to have a successful career. Her mission is to help others thrive both personally and professionally.

Want to master healthy eating and managing your weight? Grab a copy of Ellen's book, ***Mastering the Inner Game of Weight Loss: An Easy to Follow Guide to Permanent Weight Loss Without Going on a Diet***. <https://www.amazon.com/dp/B0796FWP44>

To learn more about Ellen and her wellness programs, visit www.EllenGcoaching.com, email ellen@ellengcoaching.com or call 973.535.8891. If you would like to schedule a **complimentary strategy session** to determine your first best steps towards reaching your healthy lifestyle goals, go to <https://meetme.so/EllenG>