

Healthy Road Trip Ideas



Make snacks ahead of time that you can take with you.

- Hard boiled eggs
- Homemade beef jerky
- Nut and date bars (Try our [Sweet & Spicy Bars](#) or our [Nutty Espresso Bars!](#))
- [Paleo trail mix](#)
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Purchase pre-made healthysnacks ahead of time to have on hand.

- Lara Bars
- Almond butter packets (I like [these](#) or [these](#))
- Bags of roasted nuts and seeds
- Apples
- Dried fruit

Some additional pointers:

- Pack a cooler! This is huge. If you're flying, use a small soft cooler bag to carry on. If you're driving, you can use a hard-sided cooler in the trunk, and bring more stuff.
- Bake sweet potatoes, cut them in half, and wrap them in foil. Store them in a Tupperware so they don't get beat up and smashed. Eat them cold, rolling down the foil as you go. Think burrito.
- Research your stopping locations or connecting airports ahead of time. The internet can tell you what restaurants are there, and you can decide if you'll have options, or if you'll need to plan ahead.
- Jimmy John's Unwiches. They make you a sub, but wrap it in lettuce. Is their meat humanely raised, their vegetables organic? No. But it's a better option than a big cheesy calzone. Just make sure you leave off the mayo and dressing or oil – have them add mustard instead. You can even order these ahead of time, stick them in the fridge the day before you leave, then tuck them in the cooler the next morning to eat for lunch on the road.
- Keep an eye out at convenience stores, coffee shops, etc. They often have a case full of chemical-laden baked goods, but also usually a basket near the register containing fresh fruit. You can grab a banana, orange or an apple pretty easily.
- At restaurants, if you don't see anything that looks clean enough for you to eat, order a sandwich, then tell them to hold the bread and bring a knife and fork. You'll get all of the good stuff and none of the bad.
- While you're in transit, let go of the idea of "meals." It's much easier to stay healthy while traveling if you eat the snacks you brought when you're hungry. It might not include sitting down at a restaurant with a waiter, but that's ok. Have half a sweet potato, two hardboiled eggs, and a handful of nuts. Carbs, protein, fat, done.