

# 4 Things to Pack to Stay Healthy While Traveling



## Protein Snack Option

10g protein or more. Look for items with ingredients you recognize, <5g added sugar (and <15g total sugar), no artificial sweeteners.

### Suggested Options

- [Bulletproof Collagen Protein Bar](#)
- [Epic Jerky Bar](#)
- [Garden of Life Organic Fit Bar](#)

## Healthy Fat Snack Option

Contains olives, nuts, seeds, coconut, healthy oil, or other high-quality fat. Look for items with ingredients you can recognize; as few ingredients as possible.

### Suggested Options

- [Mario Olive Packets](#)
- [Individual packets of nuts](#)
- [Low sugar trail mix](#)

## Greens Option

Contains a high-quality source of antioxidants and phytonutrients from vegetables, without chemical additives or artificial sweeteners.

### Suggested Options

- [Juice Plus+](#) (capsules so you don't have to mix with water)
- [Organifi](#) (more expensive, more appealing taste)
- [Amazing Grass](#) (cheaper price, less appealing taste)
- [Veggie Packs](#)

## Breakfast Protein Supplement

Can be added to standard hotel breakfasts to increase protein and / or healthy fat content.

### Suggested Options

- [Collagen packets](#) (see [this post](#) for collagen benefits)
- [Chia shots](#)
- [Vega Protein & Greens](#)