

Healthy Travel Food

what to bring for a short road trip



breakfast

BREAKFAST

Egg whites, light mayo
Fruit
cottage cheese waffles



lunch

LUNCH

Chicken tenders
Green salad
Light Olive Garden Dressing
Veggies



snacks

SNACKS

Fruit
Rice cakes
Packaged oatmeal, Greek Yogurt
Protein bars, protein powder



dinner

DINNER

Chicken
Rice
Roasted Veggies