

# Healthy Travel Checklist

from:

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**A checklist ~ so you feel nourished wherever you go!**

## PREP

Before you go, research...

- Where's the local **health food store** or healthy juice joint?
- What **restaurants** will nourish me?  
~ Ask the health food store for suggestions.  
~ Check out [Happy Cow app](#) for vegan/vegetarian spots.  
~ Use the [open table app](#) and search for Farm to Table, Local + Healthy.

STAYING SOMEWHERE WITH A KITCHEN?

- Do your **grocery shopping online** and have it sent ahead so that it's there for you. I order from [Vitacost](#).

## BRING

On a plane/train/bus/  
car...

- Cooler bag** so you always have a healthy snack on hand
- [Compression socks!](#) ~ Wear these on your flight and you'll get off the plane energized and not swollen
- Water bottle**
- Whole Grain Crackers** (Mary's Gone Crackers are my current fave)
- Instant Miso Soup** (just add water for a soothing snack that curbs cravings)
- [Salad Sprinkles](#). Add this seed mix to any salad to make a complete meal.
- Herbal Tea bags** Tulsi tea is my top choice.
- Essential oils** - Lavender is soothing + a good first aid oil.

## ASK

at restaurants and more...

- For **EXACTLY what you need!** (Gluten-free, dairy-free, etc) Think of the menu as an ingredient list. Don't get locked into what they want to serve you. Check in to your body to find out what would really nourish YOU!
- Ask for 2 side veggies as soon as you are seated and skip the bread basket.
- Ask this powerful question wherever you go...

**DOES THIS NOURISH ME?**

**When you are feel truly nourished....  
life is better!**