

Convenient Muscle-Centric Travel Foods

Packing Tips

- Choose a lunch box that will fit inside your carry-on bag or that won't take up too much space in your car.
- Pack shelf-stable products or keep cold foods that must be refrigerated safe with reusable ice packs. If flying, use TSA compliant ice packs.
- Pack plenty of bottled water for car travel. When flying, don't pack - buy after you pass through security.
- At the airport:
 - Consider labeled, pre-packaged convenience foods because:
 - You won't have to carry empty reusable containers after you eat.
 - They are relatively easy for security personnel to identify and check weights and volumes.
 - Put your lunch box on the security belt separately to make it easier to scan.

POWER PROTEIN

Individual Protein Portions

- Recommended serving size: team up various products that will give you at least 30 g of protein for your meal*
- Buy pre-packaged or portion into clear disposable sandwich bags or cups before your trip.



5.3 oz skyr or
Greek yogurt
(14 - 15g protein)



1 pre-cooked,
peeled egg*
(6g protein)



1 oz wrapped
cheese stick*
(7g protein)



0.9 oz edamame
(soybeans)*
(11g protein)



2.5 - 3 oz tuna or
salmon pouch*
(13 - 20g protein)



1 - 2 oz beef or turkey
jerky/stick* (8 - 11g protein)



Single serve protein
Packet* (8 - 11 g protein)

*Individual serving sizes for these products TSA carry-on limit compliant.

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Quality Carbs

Fortified Snack Bars & Oatmeal Cups

- Recommended serving: 1 bar or cup.
- Team up with quality protein foods, if needed to meet your meal protein target.
- Compare nutrition facts and ingredient statements. Look for:
 - At least 10 g of protein (more is better)
 - At least 3 g (a good source) of fiber (more is better)
 - No more than 9 g added sugar (less is better)
- Ask for hot water on a plane for hot cereal cups. If traveling by car, bring a thermos of hot water or get hot water at a convenience store or coffee shop when you make a pit stop.



1 (60g) bar
20g protein, 9g fiber,
0g added sugar



1 (60g) bar
20 g protein, 16 g
fiber, 1g added sugar



1 (65g) cup
20 g protein, 4g
fiber, 7g added sugar

Quality Carbs

Veggies & Whole Fruits with Edible Skin

- Recommended serving size:
 - Veggies: strive for at least 2 cups
 - Whole fruit: 1 small piece
- Buy pre-packaged veggie sticks or portion into clear disposable sandwich bags before your trip.



1 (8 oz) package veggie sticks = about 2 cups



Quality Carbs

Whole Grains & Dried Beans & Peas

- Recommended serving size: 1 package. (Skip these if you pack a protein fortified bar or cereal cup.)
 - Savory crackers made with whole grain: 100 calorie or 0.75 oz package
 - Graham crackers made with whole grain: 100 calorie or 1 oz package
 - Popcorn: 100 calorie pack or 0.5 oz package
 - Chickpea, lupini, broad beans, hummus : up to 2 oz package



*Individual serving sizes for these products TSA carry-on limit compliant.

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Healthy Fats

Individual Portions of Nuts, Seeds, Nut/Seed Butters

- Recommended serving size: 100 calorie packs OR packages up to about 1 oz (about ¼ cup)*
- Buy pre-packaged or portion into clear disposable sandwich bags or cups before your trip
- These also provide some fiber.



Healthy Fats

Individual Portions of Avocado or Guacamole

- Recommended serving size: up to about 2 oz (about ¼ cup)*
- Buy pre-packaged or portion into clear disposable cups before your trip.
- These also provide some fiber.
- Try as a dip for savory crackers and veggies.



*Individual serving sizes for these products [TSA carry-on limit](#) compliant.