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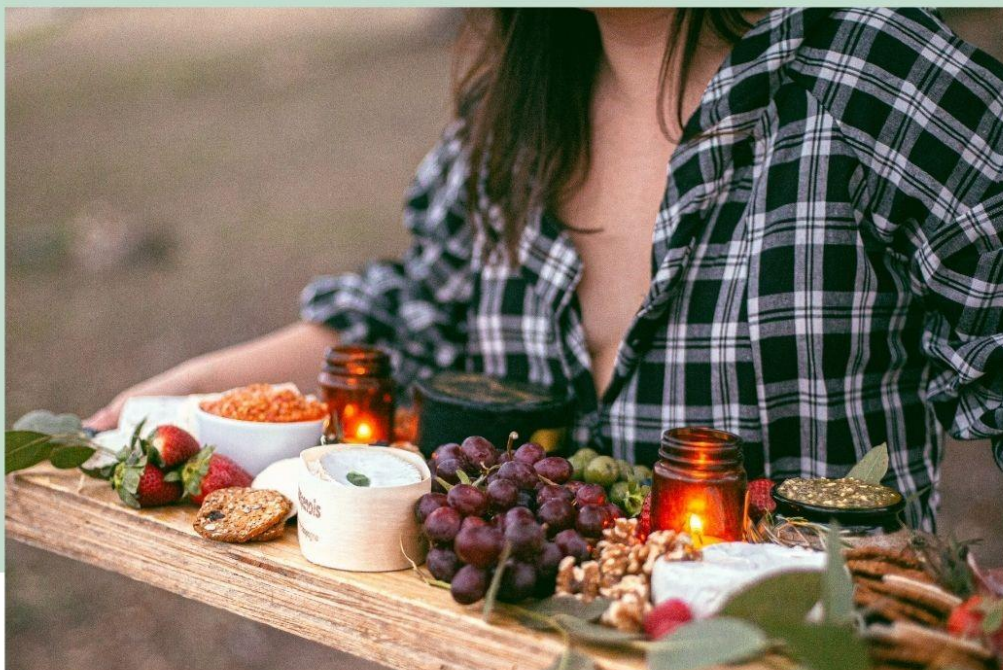
# *10 Quick and Easy Ways to Eat Healthy On the Go!*

*Being Prepared Is A Win-Win*

*Take a look at these simple tips to help you choose healthier options*

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# 10 Quick and Easy Ways to "Eat Healthy On The Go"

It can be challenging to eat healthy on the go. Take a look at these simple tips to educate yourself to choose healthier options.

Whether you're always traveling to and from work, running your kids from baseball practice to dance class and beyond, or going on vacation – it can be difficult to *eat healthy on the go*.

We all know that the ideal situation would be sitting down to enjoy your meals (and snacks) at a table to relax, but in truth, you probably eat over your desk (if you eat at all) and then you're so busy once work is over you live on granola bars and a bag of nuts.

If you're going to make long-term sustainable change, you need the mindset, habits, and routines. This concept is wonderful... but do we actually get around to doing it?

Being busy isn't an excuse to ignore your health, and you can learn how to eat healthy on the go; here are ten ways to help you pull it off.

## Being Prepared Is Win-Win

### 1. Weekly Snacks

Getting snacks ready doesn't need to be complicated – you can make life much easier for yourself (and the family) by preparing an entire selection of healthy snacks for the upcoming week. It doesn't take much effort to put together snacks like almond butter and sliced apples, air-popped popcorn, almonds, a fruit parfait, or hummus with broccoli or carrots.

### 2. Pre-Chopped

Do you love the idea of preparing in advance but hate the thought of chopping vegetables? You can save a lot of time by buying your fruit and vegetables ready sliced or chopped. Veggies prepared ahead will come in handy if you want to make use of your slow-cooker to create soups and stews while you're at work all day. More importantly, it means you're more likely to follow through on your plans to eat healthy on the go.

### 3. Carbs & Proteins

The perfect meal or snack is a good mix of carbohydrates and protein – so chickpeas are the ultimate as they contain both, but enjoying a piece of citrus fruit with almonds or walnuts is also a good example.

### 4. Frozen Fruit

Whether it's grapes or banana chunks – frozen fruit snacks are great! You are more likely to savor your treat because you have to eat them slowly (unless you're a big fan of brain freeze). You'll get the nutrition you need, it will curb your sweet tooth, and it's easy to have snack bags prepared and ready to grab to enjoy the fact that you can eat healthy on the go.

### 5. Breakfast

The most common meal we skip is breakfast, whether we run out of time in the morning or don't feel like eating. It's an important meal, though, so you can make breakfast burritos in advance and keep them handy in the refrigerator to grab before you run out the door. Another option is for a

quick smoothie.

## **6. Batch Preparation**

Prior preparation is an excellent solution for lunches and snacks. Please keep them in glass containers either in the fridge or the freezer. It doesn't need to be complicated. You can also prepare your meals in advance and have everything ready to throw in your slow cooker before heading out for the day. I like to do things in chunks of time, so I peel and store. The next phase is to chop them into pieces. When I use this strategy, it doesn't seem like it takes as much time to do.

## **7. Bring your lunch**

Prevent temptation and unhealthy eating that often occurs when eating out on lunch breaks. So, bring a bag of lunch so you can control what you eat.

## **8. Keep It Simple**

Don't get caught up trying to make elaborate meals that can fail and end up in the trash. Make simple meals that you and your family love and are easy to prepare and store.

## **9. A Dinner Calendar**

We don't all have time to get creative in the kitchen, but we have time to create a dinner calendar to keep things on track. Not only will it make shopping easier, you know exactly what you're making and when— for instance, Taco Tuesdays, Pasta Thursdays, Fish Fridays, and beyond.

## **10. The Work Fridge**

If you have a fridge/freezer at work, then use it! If it's big enough, you can take your entire week of meals in. You're more likely to eat healthy with prior planning.

Remember, meals and snacks high in fiber, protein, and healthy fats can help keep you feeling full longer than foods low in protein and high in refined carbs and added sugars.

When choosing a snack item from the convenience store or gas station, opt for minimally processed, protein- and fiber-rich items, such as:

- nuts
- cheese sticks
- nut butter and fruit
- hard-boiled eggs
- hummus and veggie packs
- trail mix

I would also like to remind you that it's best to forgo calorie, and sugar-laden beverages, including sweetened coffee drinks, sodas, and energy drinks. Opt for water or unsweetened herbal teas to keep your calorie and sugar intake in check.

I hope you try some of these techniques to eat healthy on the go. I know how you feel when your lifestyle finds you on the move almost every day. But making healthy food choices does not need to be hard. Please keep it simple. Prepare in advance. Educate yourself to choose healthier options, and you will reward yourself with being healthier, happier, and less stressed.

## Taking the next step to eat to beat Stress doesn't have to be complicated.

Incorporating simple foods into your daily routines is what's going to make all the difference in how you handle your Stress!

*"Stress leaves 80% of women feeling unable to cope compared to 67% of men who feel the same. The Mental Health Foundation surveyed more than 4,600 people and found 18 to 24-year-olds more stressed than their parents."*

It's essential to focus on reducing your stress as much as you can.

In addition to the normal stressors, you may not realize that one of the problems with your stress is that bad things can happen if you eat the wrong foods. You won't get the right results.

You'll get sicker. You'll feel discouraged...and give up.

We are **Cheryl A. Major** and **Shirley J. Noah**, and we did it, and we can teach you how to do it too!

Our goal with this training to keep it simple for *you*. We mean you will only be exposed to what you need, and what is working. We have helped hundreds of others how to eat to change their health, both mental and physical. We will not waste your precious, valuable time with training that is not absolutely crucial to your success.

We want to teach you *HOW* to change what you eat and what you're exposed to in order to reduce the level of stress in your life.

***Go Ahead and click the button below and grab your copy of***

**HOW TO EAT TO RELIEVE STRESS**