

USA DIET PLANS® ROAD TRIP

EATING ON THE ROAD

PROTEIN SOURCES

Beef jerky or turkey jerky (contains MSG, sugar & Nitrates. Get the jerky with the least amount of carbohydrate. See www.thegourmetjerky.com for healthy beef jerky).

Baby Bel® light cheddar

Laughing cow lite cheese

String cheese

Chicken/tuna salad with mayonnaise (store in Tupperware

Deli meat (store in Ziploc bag)

Pre-hard boiled eggs (make yourself or they sell them at 7-11.

Alpine Lace® Reduced Fat Swiss Cheese (store in Ziploc bag)

Marinated to-go packets or tuna or salmon (found in tuna fish aisle)

Tuna fish, mini cans with easy snap open lids that do not require a can opener)

Greek yogurt (small ½ cup containers)

CARBOHYDRATE SOURCES

Applesauce snack pack

Baby carrots

Bagel (break apart and use to scoop the chicken/tuna salad out of the Tupperware)

Cherry tomatoes (rinse and store in Ziploc)

Celery (Purchase pre-cut celery, rinse and store in Ziploc - a great boredom food you can eat in unlimited amounts)

Cucumbers (Purchase pre-cut celery, rinse and store in Ziploc - a great boredom food you can eat in unlimited amounts)

Fruit (apples, oranges, banana etc.)

Berries (in Tupperware)

Grapes in a bag

Whole grain crackers

Pita bread (break into pieces and place inside the Tupperware, and eat with a spoon)

FAT SOURCES

Package of nuts

Bag of unsweetened coconut (good for nut sensitive individuals)

You do not need to add fat to a meal if the protein source already has enough fat (i.e. low fat cheese)

Sunflower seeds

MIXED FOOD SOURCES (A.K.A. COMPLETE MEALS)

Zone Perfect® Bar or Balance Bar® or Tri-O-Plex® chocolate chip cookie

Notes:

- Utensils (napkins, spoons, etc.): Steal from the deli, gas station quick mart or convenience store.

- Bring a roll of paper towels for when you hit a bump and spill something on yourself.

Package of nuts from the quick mart: In the best case scenario, try to get nuts that do not have oil listed on the ingredient list. The ingredient list should only say “nuts” or “nuts and salt.”

- ALMOST ANYTHING you normally eat, sandwiches, dinners, etc. can be placed inside Tupperware or Ziploc bags packed to go in a cooler bag with frozen ice packs. Even if you have to eat it cold...deal with it, this is not a game! Remember, the people who follow USA Diet Plans® system of eating are in the top 1% of the population. We are a secret society of enlightened eaters.

- Bring magazines, a note pad/pen, or games to keep yourself occupied. Boredom leads to cravings.

- Free vegetables (celery, cucumbers, etc) are great to bring because if you fill yourself up you will be less prone to give into temptations.

Do not bring foods (such as corn chips) if you can picture yourself eating them non-stop.

- See page 104 of the USA Diet Plans® Manual for eating on the run supplies. You may want to bring a mini cooler with ice packs.

- If you insist on letting loose just because you are on vacation by eating extra cheat meals and/or drinking more than normal, at least stay where you are... Maybe you will not continue to lose body fat if you eat or drink extra, but at least you will stay the same. DO NOT let a vacation totally screw up what you have already accomplished from the USA Diet Plans® system of eating. See if there is a way to weigh yourself to keep yourself grounded. If not, continuously check your muscle definition in the mirror to keep yourself in check.

