

Alina Z

# TRAVELER'S GUIDE

*To Healthy  
Eating  
On-the-Go*



You Are One-Of-A-Kind, Eat Accordingly.

# TRAVELER'S GUIDE

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To Healthy Eating On-The-Go

3rd Edition.

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# INTRODUCTION

When you are traveling and find yourself on-the-go, eating well can be challenging, if at all possible. Just like you, I live in the real world, keeping busy with my job, personal life and travel. After many health challenges, I decided to switch careers, left my job as a VP of Marketing in Washington DC, and enrolled to study at the Institute for Integrative Nutrition in New York, where I got certified as a Holistic Health Coach. Later, I also got certified as a Raw Food Chef from The Graff Academy of Raw Food and, in 2012, got certified as a Detoxification Specialist from the International School of Detoxification.

Now, I am happy to offer you my Z-Tips for healthy travel in this book. Take it with you to the grocery store before you hit the road, purchase these items online or bring it when you go out.

My suggestions in this book are what I do myself and I am happy to share what has worked for me. All of the items here are plant-based, some being raw and some cooked because I believe in bio-individuality and seasonal eating.

For example, if I am traveling to Boston in the middle of January, I will be eating more warming foods like soups and hearty crackers. If I am in Miami in the middle of July, then I will most likely be eating water-rich raw vegan foods.

In this book you will find my favorite go-to snacks and meals. These companies did not pay me to be featured in this book - they are what I personally use. Please consult your doctor before trying any of these products and suggestions.

Remember, if you fail to plan, you plan to fail. So plan well and happy travels!

# CRUNCHY CARBS AND CHIPS



## Mary's Gone Crackers

To get an energy boost and help me stay away from airport pretzels and greasy chips, I pack my favorite Mary's Gone Crackers. They are full of good carbohydrates and healthy fats and they are delicious! Take the whole box or portion them out in small containers, then pack in your carry-on luggage.



## Two Moms In the Raw Flax Crackers

One of my favorite raw vegan brands is Two Moms in the RAW. These great flax crackers will keep you full and satisfied with a generous dose of healthy Omega-3 fatty acids and filling fiber.



## Beanitos

At times when I crave more protein or simply want to have a crunchy snack with salsa, these Beanitos are my go-to food. I also like having them as a side dish with a simple salad, making it a complete meal.



## Two Moms in the Raw Granola

If you are looking for a sweet snack that is raw vegan and filling, try these granola bars. They are a great alternative to hotel breakfasts - eat alone or add a piece of fruit and you've got yourself a filling meal with all the vitamins and enzymes intact.

# SWEET TREATS



## Greens+ Chia Bars

When I travel, I can get tired, so to help me stay away from unhealthy candy, I pack these CHIA Green Bars by Greens+. They've got the greens to help you purify your blood from radiation on the planes and chia seeds to help reduce inflammation in the body. You can also try green bars by other brands such as Amazing Grass and GO Raw.



## A New Kind Of Candy

If you are traveling to a cold climate or simply want a sweet treat that can also help boost your metabolism, try these delicious coconut Coco-Roons!

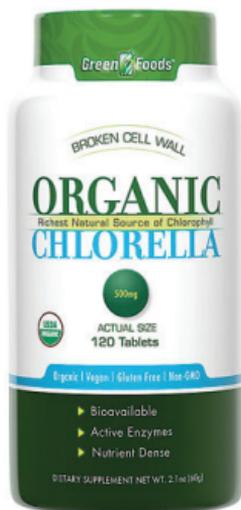
Coconut is rich in medium-chain fatty acids that help support healthy thyroid function, which affects your body's temperature. Pair them with dried apricots or banana slices and you've got yourself a decadent dessert.



## That's It Bars

Sometimes, you may travel to places where even fruit is scarce. If that is the case, then pack some That's It Bars, which will supply you with essential nutrients, vitamins and enzymes. They are made with just two kinds of fruit and that's it! My favorite is Mango and Apple, but try them all and find your favorite!

# IT IS EASY EATING GREEN



## Chlorella Pills

Chlorella pills have been a staple in my daily life for years now. Chlorella is an algae that is rich in blood-purifying chlorophyll. I like to take a few pills before I board a flight, then a few pills during the flight, and immediately after. I also take a few pills in the morning to help my body detox from the everyday pollution that surrounds us.



## **Kale Chips**

Another snack that is rich in blood-purifying chlorophyll is Kale Chips. Think of them as having a crunchy salad in a bag that is also full of fiber, protein, iron and calcium. Most importantly, they are delicious and convenient!



## **Greens+ Powder Packets**

Greens+ Superfood Packets are a great way to add chlorophyll to your meals. If you want a variety of greens and don't want to limit yourself to just chlorella, give this product a shot. You can add a spoon to plain water or fruit smoothie to make it a true superfood meal.

# PROPER HYDRATION



## Coconut Water

If you are traveling by car and can bring your own beverages, then I recommend stocking up on Coconut Water. The Real Coconut Water in glass bottles is my favorite for travel as it is shelf-stable.

Also, because it is glass-bottled, it doesn't contain chemicals. This water is great for keeping fluid regulated in your body – very important when you are sitting for a long period of time.



## **Bobble Water Bottles**

Because TSA doesn't allow passengers to bring liquids on flights, I suggest getting a refillable, filtered Bobble water bottle. I bring one with me every time I travel and fill it up at the nearest water fountain once I pass security. The great thing about this bottle is that it is reusable and the water can come out cleaner than the one in plastic bottles.



## **Oranges**

When flying, many people experience dry skin and slight swelling due to the cabin pressure and low humidity. To help me with that, I like to bring oranges on my flight. Their high potassium content helps me regulate fluid in my body and the vitamins and antioxidants can boost my immune system on crowded flights. Also, oranges have a thick peel that makes them easy to transport and eat.

# WHERE DO I GET MY PROTEIN?



## Zing Double Nut Brownie Bar

Did you know that flying can put a lot of stress on the body and affect your digestive system? In times like that, animal protein can be even harder for the body to handle, so I suggest packing a Zing bar. For 200 calories you get 10 grams of protein, 6 grams of fiber and only 10 grams of sugar. You will also get incredible taste - it tastes like a decadent brownie!



## Crunchy Chickpeas

Another great protein-rich snack is a pack of crunchy chickpeas by Saffron Road. These little nuggets boast 6 grams of protein per serving, are NON-GMO verified and gluten-free. I like to enjoy them with a light soup or a cup of hot water. Together with a hot beverage, it feels like you are getting a hearty and filling meal.



## Hemp Seeds

When you travel, your body can get very stressed. To help me offset the stress, I pack Hemp Seeds with me. They are rich in protein, fiber, Omega-3s and magnesium – a powerful mineral that helps me relax and de-stress. These little nuggets are perfect to sprinkle on a salad, cereal or just to eat as they are.



## **Mixed Raw Nuts**

To get a good dose of healthy fats, fiber and protein, I like to bring a variety of raw organic nuts with me. I portion them out in little zip lock bags or small containers and often take them with me when I go out. They are great for adding to your salad for a boost of nutrients.



## **Vega Chocolate Protein Smoothie**

To help me get my plant protein, fiber and important nutrients, I take packets of Vega Chocolate Protein Smoothie Mixes with me. They are already portioned out, so all I have to do is mix one with a nut milk or plain water, shake and drink. For the mere 90 calories, I get 15 grams of protein, 2 grams of fiber and a good, not-too-sweet flavor.

# CONDIMENTS



## Gluten-Free Soy Sauce

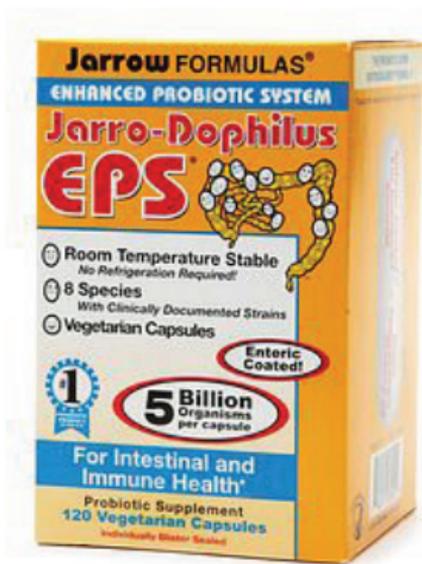
It may sound strange, but even if you are eating gluten-free sushi, you may still be having gluten in your diet, as wheat can be one of the ingredients of soy sauce. To make sure you don't fall off the wagon, try Gluten Free Tamari sauce that comes in travel-size packets, which are perfect on-the-go.



## **Salad Booster**

Don't underestimate this little salad booster – just a few teaspoons sprinkled on my salad provide a plethora of vitamins and nutrients that are often missing from conventional produce. You can either make your own mix with pumpkin seeds, sunflower seeds, chia seeds, spirulina, himalayan crystal salt, chlorella, dulse, and kelp or buy it online at places like [nuts.com](http://nuts.com).

# SUPPLEMENTS



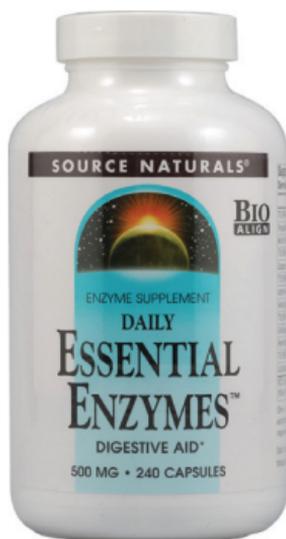
## Probiotic

Great for building the good bacteria in the digestive tract and strengthening the immune system, since most of your immune system is in your gut. This particular brand is shelf-stable and easy to travel with.



## Medicinal Mushrooms

When taken regularly, medicinal mushrooms can help restore the body to its natural state, enabling all organs to function normally. Reishi mushrooms are also an immune modulator as they can regulate and fine-tune the immune system. Cordyceps can also help support your adrenal glands.



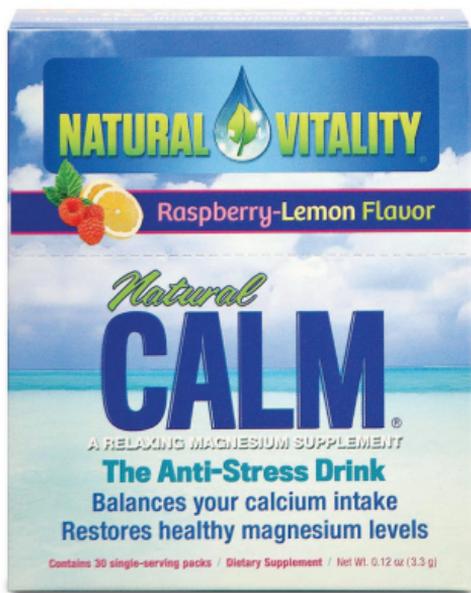
## Essential Enzymes

If you find yourself struggling with slow digestion of heavy meals, try adding a digestive enzyme. Do keep in mind that these supplements are not meant to replace proper nutrition. They are created to help you in times of need. To avoid this need, I suggest eating healthy, mostly raw meals in order to get your plant enzymes.



## Turmeric Supreme

Turmeric Supreme Immune A.S.A.P. is one my favorite supplement for traveling as it has a plethora of nutrients to support my immune system, including anti-inflammatory turmeric, echinacea and elderberry. Together they can help fight off flu and colds and help strengthen the immune system.



## Magnesium Supplement

This supplement is food-based and I find that it helps me relax and reduce cravings for chocolate. Magnesium can also help your digestive system and is known to help reduce constipation.

# ORGANIC VS CONVENTIONAL

## **12 Most Contaminated Produce**

*If organic is not available, then I prefer to skip these items all together.*

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (Imported)
- Spinach
- Lettuce
- Potatoes

## **12 Least Contaminated Produce**

*If organic items from this list are not available, I choose to eat conventional versions*

- Onions
- Avocado
- Sweet Corn (NON-GMO Only)
- Pineapples
- Mango
- Asparagus
- Sweet Peas (Frozen)
- Kiwi Fruit
- Bananas
- Cabbage
- Broccoli
- Papaya

*Source: Environmental Working Group  
[www.ewg.org](http://www.ewg.org)*

# SHOPPING CHECKLIST

## **Crunchy carbs & chips**

- Mary's Gone Crackers
- Two Mom's In the Raw Flax Chips
- Beanito Chips
- Two Mom's In the Raw Granola

## **Sweet treats**

- CHIA Greens+ Plus Bars
- Coco-Roons
- That's It Fruit Bars

## **Greens**

- Chlorella Pills
- Kale Chips
- Greens+ Powder Sticks

## **Hydration**

- Coconut Water
- Bobble Water Bottles
- Fresh Oranges

## **Protein sources**

- Zing Double Nut Brownie Bars
- Crunchy Chickpeas
- Hemp Seeds
- Mixed Nuts
- Vega Protein Smoothie Packs

## **Condiments**

- Tamari Sauce
- Salad Booster

## **Supplements**

- Probiotics
- Mushroom Matrix Immune Formula
- Magnesium Supplement
- Turmeric Supreme Immune A.S.A.P.
- Digestive Enzymes

# Z-TIPS FOR EATING OUT

Going out can be tough, with so many restaurants overusing salt, sugar and oil. To help you navigate the menus, here are some of my Z-Tips. These are my own suggestions that I follow.

**Z-Tip #1** – I like to ask for all of my sauces and dressings on the side, so I have more control over what I eat.

**Z-Tip #2** - I like to bring a little container of walnuts and a salad booster to add to boring salads.

**Z-Tip #3** - If you see that your meal is much bigger than you would like, ask for a to-go box IMMEDIATELY and place the extra food there. This way, you don't have to worry when to stop eating and can focus on having a good time at the restaurant.

## Mexican restaurants

While I love Mexican food, it can also be a minefield navigating the menu as many items have unnecessary cheese and oils added to them.

When eating at a Mexican restaurant I like to choose the following items and make up my own meal with them:

**Black Beans** (make sure they are vegetarian) – High in protein and fiber to keep you full.

**Brown Rice** – High in fiber and filling complex carbs. Ask if you can have plain rice without any butter or oil.

**Guacamole** – Yes, it does have fat, but it is also high in fiber and rich in blood-pressure reducing potassium. Do watch your portion as it is a high-calorie item.

**Salsa** - High in flavor and low in calories, salsa is one of the healthiest

additions to the meal. It can add lots of flavor without affecting the waistline. Its tomatoes are rich in lycopene and its onions have bacteria-fighting properties. **Z-TIP:** stay clear of the chips and ask for cucumber or bell pepper slices to dip with. You will get the crunch and save the calories.

**Green Salad** – Don't disregard the salad and look at it as a "little black dress" You can order one and then dress it up with several side dishes because by itself and without the dressing it is low in calories and rich in vital nutrients, vitamins and enzymes.

### **EXAMPLE: CHIPOTLE**

For those craving healthy Mexican food on-the-go, try Chipotle. It is one of the few fast-food chains that offers humanely-raised animal protein and a few organically-grown vegetables. When I am in the mood for Mexican, I usually

order a salad with black beans, brown rice, salsa, non-gmo corn and guacamole.

This plant-based combination makes a delicious and satisfying meal, and because it is packed with good carbs, healthy fats, protein, potassium and vitamins, it can give you a good boost to get over that 3 p.m. energy slump.

## **Mediterranean restaurants**

I love Mediterranean restaurants because they always have great vegetarian dishes available. One of my go-to meals is a plate of cooked beans, hummus or falafels on top of a large salad with raw veggies.

### **EXAMPLE: MAOZ**

When I am on-the-go, I like to grab a bite at Maoz - a vegetarian Mediterranean fast-food company specializing in crispy falafels—small fried chickpea balls that resemble the look of meatballs.

Maoz serves them either in pita bread or on top of a salad, with a choice of several side dishes and sauces. Their falafels boast only 50 calories per piece; and they are loaded with protein and fiber. To make the deal even sweeter, Maoz also serves a variety of green juices, so you can get extra nutrition.

## **Sushi restaurants**

If you are craving Japanese food and want to eat clean, then steer clear of anything with tempura or mayo in the list of ingredients. Those words simply translate to high calories and high fat.

My favorite choices at sushi places are:

Avocado, asparagus and cucumber roll in brown rice.

Veggie roll wrapped in cucumber (Cucumber is also rich in potassium and helps balance fluid retention in the body.)

Steamed veggies – my favorites are broccoli and asparagus, as they are high in fiber to keep you full.

Seaweed Salad – rich in fiber and metabolism-boosting iodine.

Large Green Salad with Carrot Ginger

Dressing - low in calories and rich in vital nutrients, vitamins and enzymes.

**Z-TIP:** If you want to stay gluten-free, bring your own Wheat-Free Tamari that I feature in the condiment section of this MiniBük.

**Z-TIP:** If you are eating raw fish, make sure to dip it into soy sauce and have a generous amount of wasabi with it. Salt in soy sauce can help kill bacteria and the spice in wasabi can help kill parasites.

## Thai restaurants

For Thai-food lovers here are my healthiest picks:

**Papaya Salad** - Papaya is known for its high concentration of digestive enzymes, which can help digest fats and aid with assimilation and weight loss.

**Vegetable curry** - I prefer to skip the tofu, unless it is organic, and load the dish up with seasonal vegetables. Besides the delicious flavor, curry dishes are rich in inflammation-fighting turmeric, which has been shown to help reverse Alzheimer's disease.

**Z-TIP:** If you choose to go with the curry, opt for waist-trimming steamed brown rice, which, unlike white rice, has extra fiber.

## Chinese restaurants

I believe Chinese food has been getting a bad rep due to high-calorie dishes such as General Tso's Chicken and Pork Fried Rice. Despite this not-so-healthy fare, you can find plenty of dishes that can be good for you.

### **EXAMPLE: PF CHANG'S**

One of my go-to restaurants for healthy Chinese food is the famous P.F. Chang's. There, I can indulge in meals like:

- Buddha Feast

- Coconut Curry Vegetables

- Stir-fried Spinach

- Garlic Snap Peas

- Asian Tomato-Cucumber Salad

PF Changs also has an extensive nutritional chart and a separate gluten-free menu!

## Italian restaurants

**The Amazing Antipasti.** One of my favorite things about Italian cuisine is their antipasto stations. Loaded with veggies, this is truly a culinary paradise for me where I can make a whole main course with the fabulous antipasti selection. Try different types of vegetables that you have never had before and you may find that the famous Italian touch can transform an ordinary eggplant into a decadent melanzana.

**The Great Grill.** If you are watching your carbs as much as calories, then go for perfectly seasoned, oil-free grilled items. Get a side of grilled portobello mushroom caps and lightly sprinkle some seasoning for extra flavor. If you are eating fish, try the white, wild-caught variety that is popular in Northern Italy.

**Pizza.** Did you know that traditional Italian pizza is thin and flaky and doesn't have as much cheese as the American versions? If you are craving pizza, then go to a traditional Italian pizzeria, where pies are small and the dough is thin. Ask the server if they also have any vegan cheese - you will get all the flavor, help support our environment and protect your body.

**Pasta.** When you see the word "cream," what it really means is "calories and cholesterol." Cream is loaded with artery-clogging saturated fat, so if you must have pasta, my suggestion is to skip the Alfredo and go for pastas with tomato-based sauces, which are high in heart-healthy lycopene and low in fat and calories.

**Z-Tip:** Did you know that gluten is a protein found in wheat, rye and barley that can act like glue and can be very hard to digest? I suggest staying away

from it by ordering gluten-free pizzas and pastas.

**Z-Meal.** When I don't find anything that I am in the mood for, then I usually ask the chef to make me a plate of lightly-sautéed spinach with mushrooms, fresh oregano, tomatoes and house tomato sauce.

**Prosecco.** One of my favorite drinks is Prosecco – it is the Italian version of sparkling wine that's light, bubbly and slightly sweet with only about 120 calories per glass. **Z-Tip:** I prefer to have only one a night to save calories and not over-stress the liver.

**Dessert.** For those who are looking to satisfy their sweet tooth without the caloric damage, skip the heavy tiramisu and indulge in one scoop of dairy-free Italian sorbet. Choose a small portion – too much of a good thing is not too good.

## French restaurants

While French cuisine does feature high-calorie and rich ingredients, such as foie gras and heavy cheeses, there are a few healthy dishes that you can find in pretty much any French restaurant. Try these meals to satisfy your cravings without sacrificing your health.

**Riviera Salad** - Not really the name of the salad, but it is one that I have seen in almost every restaurant in Cannes. Ingredients usually include yellow corn, purple cabbage, hearts of palm, cherry tomatoes, shredded carrots and avocado on a bed of fresh greens.

**Vegetarian Salad Niçoise** - Nix the mercury-heavy tuna and try this salad with extra portion of French green beans, olives, baked potatoes and tomatoes. If you eat eggs, then try this salad with organic ones.

**Ratatouille** - When craving something hot, opt for this famous French stew, which is made with a variety of vegetables in a rich tomato sauce. You will get loads of fiber and heart-healthy lycopene.

**Galettes** - Originally from Normandy, Galette is a type of French crepe that is made with buckwheat flour, making it a healthy gluten-free alternative to the traditional variety.

**Tarte Tatin** - One of my favorite desserts is a Tarte Tatin - a traditional apple tart. While it may seem crazy to pastry devotees, I do usually only eat the apples and leave the wheat crust behind. **Z-Tip:** Did you know that apples are rich in fiber and pectin, which can help regulate digestion?

## Irish restaurants

**Potatoes** – I think potatoes have been getting a bad rep lately, but they actually can be good for you. Filled with bloat-reducing potassium, antioxidants, fiber, iron, zinc and energy-boosting carbs, a medium potato has only 160 calories and boasts 4 grams of fiber and 4 grams of protein.

**Z-TIP:** – When ordering your baked potato, skip the big calorie offenders like sour cream, butter and cheese. They are the ones that can contribute to weight-gain and lethargy. Instead, sprinkle your potato with some metabolism-boosting hot sauce and have it with a side of green veggies.

**Cabbage** – Low in calories and high in fiber (only 22 calories per cup), this Irish staple can help you stay satisfied for hours. Best of all, cabbage is a part of the famous cruciferous vegetables,

that help protect the body from cancer. When out at a typical Irish pub and there are no good vegetarian dishes, I always order a side of cabbage, one baked potato and a green salad.

**Guinness** – Personally, I prefer light, low-calorie beers such as Amstel Light, but when in an Irish pub, drinking the beverage of the Irish may not be too bad once in a while. Research has shown that dark beer like Guinness is actually packed with antioxidants. Just remember that it still has liver-suppressing alcohol, so limit your drink to one glass, which is about 125 calories.

## Steakhouses

Did you know that many steakhouses offer good vegetarian and vegan options? Here are some ideas:

### **NEW YORK PRIME and MORTON'S**

Here, I would begin with either New York Prime's Chopped Italian Salad without anchovies or blue cheese, or at Morton's, you can get their chopped salad without the cheese or bacon.

For the entrée I create my own main course of steamed garlic spinach, asparagus (sans the hollandaise), and a plain baked potato, drizzled with olive oil and a dash of sea salt. The salad provides a plethora of vitamins and enzymes to boost your energy and your immune system. Spinach is rich in iron, asparagus can help detoxify your system and a potato can help keep you full, as it is high in fiber.

## **ABE AND LOUIE'S**

Here I would recommend the Abe & Louie's Salad which features bibb lettuce, apples and pistachio nuts. Ask to hold the cheese and place the dressing on the side. This is one of the most interesting salads I have seen at a steakhouse and it is pretty nutritious. Lettuce is high in blood-purifying chlorophyll, apples are rich in fat-reducing pectin, and pistachios are known to be the highest-protein and lowest-calorie nut.

For an entrée, I would go with a Cauliflower Steak, Jumbo Baked Sweet Potato (without the brown sugar) and Brussels sprouts. Cauliflower is a great low-calorie vegetable that is high in fiber and low in starch. Sweet potatoes are rich in bloat-reducing potassium and Brussels sprouts are a part of the cruciferous family of vegetables that can help detoxify your liver.

## Diners & burger joints

When going out to restaurants where vegetarian entrees are not on the menu, I suggest making your own meal from a fresh side salad and several side dishes.

Below are some ideas of what I like to order. I usually pick a couple of sides of cooked veggies, one side of beans and one side of starchy veggies to make my Z-Meal out of them.

**Z-Tip:** Check out restaurant menus in advance, so you can have a game-plan. If nothing appeals to you, eat some of your snacks that you bought for your trip, then go out without feeling hungry and just have a green salad.

**Z-Tip:** Find out if the restaurant serves any vegan, low sodium soups, which can be a healthy option as well.

## **Veggie sides to choose from**

*(I pick 2-3 from this list)*

Artichokes

Asparagus

Broccoli

Cauliflower

Cabbage

Cucumbers

Mixed Greens

Mushrooms

Onions

Peppers

Spinach

Tomatoes

## **STARCHES**

*(I pick 1 from this list)*

Baked Potato

Brown Rice

Sweet Potato

## **Protein side**

*(Check to make sure they are vegetarian)*

Black Beans

Black-Eyed Peas

Chickpeas

Green Beans

Kidney Beans

White Beans

**Z-TIP:** Jazz up any salad with:

Salad Booster

Walnuts (protein source)

Hemp Seeds (protein source)

(Good thing you bought them in advance, huh?)

# **What I eat at fast-food places**

## **RUBY TUESDAYS**

Ruby Tuesdays is one of my favorite places to eat when on-the-go. Not only do they have a great build-your-own salad bar, they also have wonderful side dishes including roasted spaghetti squash, fresh steamed broccoli, baked potato, fresh grilled zucchini and fresh green beans.

## **PANERA BREAD**

Panera Bread can be a good option for eating on-the-go. Here I can get a garden salad with a side of black bean or garden vegetable soup. I also ask for an apple instead of bread, which I make sure to enjoy either 30 minutes BEFORE the meal or an hour AFTER.

## **7/ELEVEN**

When I am near a 7/Eleven and need a snack, then I usually buy a few pieces of whole fruit such as an apple, banana and an orange and make it an all-fruit meal. You'll be surprised how full you can be on a few pieces of fruit.

If I am craving protein and fat, then I buy a small packet of mixed, un-salted nuts that have pistachios and almonds. I do avoid non-organic peanuts.

## **SBARRO**

Believe it or not, but you can find three healthy eats at this fast-food pizza place. Here you can enjoy a greek salad (I would skip the cheese and the dressing), tomato and cucumber salad, as well as a Mixed Sauteed Vegetable Entree (ask for no oil, if possible).

## **SUBWAY**

Subway is not a bad choice for fast-food when nothing else is available. I usually get a salad here with extra guacamole, cucumbers and tomatoes and skip the dressing. This is when having a stash of raw seeds, nuts and salad booster comes in handy. I add them to an all-veggie salad and have a high-nutrient meal.

## **What if there is nothing healthy to eat?**

If there is nothing else on the road that I consider “clean” eating and I have no snacks left, then I just do my best and pick the most eco-friendly food that I enjoy eating and consider it my “wiggle” meal. I don’t believe in 100% perfection and allow myself about 10% wiggle room to avoid stressing over healthy eating all the time.

## Eating in cold climate

When I travel to a cold climate, I like to go for local and seasonal foods.

Usually they will include warming foods such as:

**Root Vegetables** - Eating local and seasonal veggies, especially when they are hot is great for helping your body stay warm.

**Nuts and Seeds** - High fat content of the nuts and seeds can help the body get much needed calories to keep it warm.

**Veggie Soups and Stews** - Hot soups and stews are not only soothing and filling, but the temperature of the dish will help heat up your body.

**Organic Vegetable Oils** - Oils are high in calories and therefore can be easily used in helping heat up your body.

### **Coconut Shreds, Oil or Butter -**

Coconut is rich in medium-chain fatty acids that can be quickly utilized by the body to serve as energy. Coconut also can help support your thyroid which affects your body temperature.

**Kelp** - This sea vegetable helps boost your thyroid function and a healthy thyroid can help your body feel warm.

**Z-TIP:** I like to avoid dairy products, such as cream and cheeses as they can be mucus-producing for some people. This is especially relevant in the winter when people are more prone to getting colds.

## Eating in hot climate

When I travel to a hot destination, I like to focus on local and seasonal raw fruits and vegetables that can help my body stay cool and hydrated. Here are some of my favorite raw foods that have additional benefits.

**Asparagus** - excellent for overall body support & detox

**Avocados** - reduce blood pressure and bloating

**Cucumbers** - reduce bloating & hydrate the body

**Dark Leafy Greens** - purify blood & help boost energy

**Parsley** - detoxifies from heavy metals & supports kidneys

**Radishes** – reduce mucus and help raise oxygen levels

**Tomatoes** - rich in lycopene that supports heart health

**Berries** - fight free radicals and support weight loss

**Citrus Fruits** - strengthen immunity and aid in weight loss

**Grapes** - can help lymphatic system and reduce bloating

**Mangoes** - fight free radicals and soothe the stomach

**Watermelons and Melons** - high in water content to keep you hydrated (make sure to eat without mixing with other fruits)

**Coconut Water** - helps to reduce bloating and counter sodium

**Bean & Seed Sprouts** - supply life-force energy & protein

# Healthy restaurant guides

## Organic Highways

[www.OrganicHighways.com](http://www.OrganicHighways.com)

An organic & healthy restaurant directory.

## Pressed Juice Directory

[www.PressedJuiceDirectory.com](http://www.PressedJuiceDirectory.com)

An organic cold-pressed juice directory.

## Happy Cow

[www.HappyCow.net](http://www.HappyCow.net)

A great vegetarian guide to restaurants in USA and across the globe.

## Eat Well Guide

[www.EatWellGuide.org/localguide](http://www.EatWellGuide.org/localguide)

Online directory for family farms, restaurants, markets and more.

## Local Harvest

[www.LocalHarvest.org/restaurants](http://www.LocalHarvest.org/restaurants)

Restaurants supporting local farmers.



**Alina Z** is an award-winning health coach, chef and co-creator of DLrevAMP - #1 Diet in America, as selected by *Harper's Bazaar* Magazine.

Alina's passion is in finding simple solutions to healthy eating, whether it is high-energy snacks to have on-the-go or making good-for-you comfort foods that satisfy your taste buds and your spirit.

Alina Z has been featured in:



[www.AlinaZ.com](http://www.AlinaZ.com)



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