

# The *Feel Great* Travel Snack Kit

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## Decide to Take Control of Your Snacking Destiny

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## Assemble the Feel Great Travel Snack Kit

- Soft Sided Cooler or Insulated Lunch Bag
- Resealable Plastic Bags (various sizes)
- Small Air-tight Containers
- Travel Size Dish Soap
- Plastic Forks and Spoons
- Paring Knife (optional) - don't carry on a plane!
- Napkins or Wipes

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## Gather Your Snacks for Feeling Great

- Fruit
- Vegetables
- Nuts and/or Seeds
- Hard Boiled Eggs
- Jerky
- Salami
- String Cheese
- Protein Bars

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## Pack Your Kit for the Day

- Consider your whole day, and pack a little more in case of delays or the unexpected.
- Add ice to a resealable bag if foods need to be kept cool. *Note: Can't be taken through security.*
- Stow extra food in your suitcase, car, or room for future days.
- Research where could you get good food for meals, and in case you need to restock your snacks.

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## Replenish Your Kit Each Morning

- Refill ice bags and top off your snacks kit.
- Check for missing items in your kit, like spoons, forks, napkins, and extra bags.

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## When You Return Home, Wash, Restock, and Store Your Kit