

protein

- Deli meat
- Canned tuna, salmon, or chicken
- Hard-boiled eggs
- Smoked salmon (wild-caught)
- Shrimp (buy pre-cooked, or cook and peel them yourself)
- Your grocery store's brand of pre-cooked "simple" chicken breast or salmon
- Jerky (beef, salmon, etc.) like [Primal Pacs](#), [Chomps](#), or [Gourmet Grassfed](#)

vegetables

- Carrots, celery, cucumber, sugar snap peas, snow peas, bell peppers.
- Jicama (peel and slice into chunky sticks)
- Kale chips (make your own!)
- Toasted nori sheets like [SeaSnax](#)
- Fresh salsa
- Canned sweet potato, pumpkin or butternut squash
- Baby food! (Sweet potato, butternut squash or other vegetable varieties.)

fruit

- Whatever is fresh, local, in-season and not too expensive
- Unsweetened applesauce
- Baby food (fruit varieties)
- Dried fruits (perfect for hiking)

healthy fats

- Canned olives
- EVOO (extra virgin olive oil)
- Avocado or fresh guacamole
- Coconut milk
- Coconut meat or flakes
- Coconut butter
- Nuts, seeds and nut butters

kitchen tools

- Sharp paring knife (not in your carry-on!)
- Flexible cutting board
- Can opener, portable silverware, and (optionally) dishes and bowls
- One glass or porcelain container, for microwaving on the go

bonus tips

Planning and preparation are key! Take time to purchase, prepare and pack your cooler before a trip and you'll have healthy meals wherever your travels may take you.

Protein is the toughest on-the-go food. Plan ahead and stock up – cook chicken or salmon the night before, boil a dozen eggs, or stock up on jerky ahead of time.

Smoked salmon is often overlooked, but the wild caught stuff is a great source of omega-3 fatty acids and protein. Slice, roll around chunks of honeydew melon or kiwi, secure with a toothpick and go.

Fruit is way too easy to overdo when traveling, so swap some out for veggies. The flexible cutting board, sharp knife, and plastic silverware help you branch out from just carrots and celery.

Fresh salsa and guacamole are life-savers. Roll deli turkey around pepper slices and lettuce, secure with a toothpick, and dip in salsa and guacamole.

Nuts are also easy to overeat on when traveling. Try olives instead. They're portable, don't need refrigeration and are the perfect plane-food (if you drain the can before going through security).

All-in-one "emergency" bars (like [RxBars](#)) are a good source of protein, carbs, and fat on the go, but don't overdo them! Real food should always come first.