

AtlantaBariatrics

Tips for staying on track with your goals while traveling

- Plan ahead as much as possible
- Do NOT skip meals
- Stay hydrated! Low-sugar electrolyte mixes, such as Endura, LMNT, or Powerade Zero will be helpful. Bring a reusable water bottle with you.
- Don't forget to bring your vitamins.
- If you are newly post-op, now is not the time to try new foods. Stick with what you know you can tolerate.
- Pack snacks in your suitcase or in a cooler if you are on the road. If you have cooler access, bring yogurt, hummus, fruit, carrots sticks, low fat cheese sticks, etc.
- If you are going out to eat, preview the menu ahead of time to find a healthy option. Avoid anything fried and verify that the sugar content is <10gm.
- Stay active while you travel- try to walk around for a few minutes if you stop to get gas or food. Check out the hotel gym or pool.



Hotel/Condo Stays:

- Check for amenities like a microwave and fridge. You can save and reheat leftovers when eating out.
- If you have a fridge, go to the local grocery store on arrival and check out food items that do not require a lot of prep ex: prepackaged salads or wraps, fruit or vegetable trays, yogurt cups, P3 packs, Sargento balance breaks.
- Bring paper plates, bowls and cutlery with you.
- If you have access to hot water, pack instant oatmeal, grits or cream of wheat.
- If hotel breakfast is provided, go for protein options like eggs/omelets, turkey or chicken sausage, or yogurt. Pick up a piece a fruit as well. Keep the starches to the smallest part of the plate ex: biscuit, muffin.

Snack ideas on-the-go:

- Pre-made protein shakes or protein powder
- Tuna or chicken packs
- Jar/individual packs of natural peanut butter or natural almond butter
- Mixed nuts
- Individual fruit cups (in its own juice)
- Unsweetened applesauce
- Turkey jerky
- Protein/fiber bars- Fiber One protein, Aloha protein bar, Fit Crunch Bar, Barebells Bar, Built bar
- Homemade peanut butter crackers with Wheat Thins or Triscuits
- Fruits that travel well like apples, bananas, oranges

Spinach & Ricotta Quiche Muffins makes 10 muffins

Ingredients:

1 teaspoon olive oil 1/4 onion, chopped 6 baby Bella mushrooms, chopped 1 cup spinach, chopped 7 eggs 1 cup part skim ricotta salt and pepper to taste



Directions:

Preheat oven to 350 degrees F. Spray 12-count <u>muffin pan</u> with olive oil. Heat olive oil in medium skillet. Cook onions and mushrooms in skillet until softened. Add spinach and remove from heat. In large bowl, whisk eggs and stir in ricotta cheese until combined. Add vegetables and stir until incorporated. Pour quiche mixture evenly into 10 muffin cups. Bake 25-28 minutes until cooked through and beginning to turn golden on top.

<u>NUTRITION</u> FACTS: 92 calories, 6g fat, 2.3g saturated fat, 145 mg cholesterol, 89mg sodium, 36mg potassium, 2.5g carbohydrates, .3g fiber, 1.6g sugar, 7.5g protein, 15% vitamin A 1% vitamin C, 8% calcium, 8% iron

Recipe Source: LoveandZest.com