

# FOODS TO PACK

when travelling



... and not get sick!

We get asked the same question all the time. What do I pack to eat when I travel? The truth is: the same stuff that you should be eating on a regular basis. Whether or not you have a cooler or how much room you have that should really dictate what you bring. After that, it's really just about planning ahead, cooking a big batch of food, and then making sure it stays fresh.

## How to Take a Whole Week of Food with You

If you're traveling by car then get a big cooler and you'll be just fine. But by plane, things can get a bit more interesting. It turns out that by freezing food you can get by many of the problems that might otherwise arise when trying to get food to your destination.

**[From the TSA's Website]** Can I take food that is frozen on a plane?

- *In a frozen state, food is considered a solid and not subject to restrictions of liquids, gels, and aerosols. Frozen food will be examined for tampering and additional screening may be necessary.*
- *Liquid-based foods that are frozen (such as gravy) but are partially melted are subject to TSA's restrictions for liquids, gels, and aerosols.*

Other foods like meats, fruits and vegetables should be just fine. But you can easily cook, puree and then freeze several tubs of food and then they don't need any extra ice.

TIP: ask the flight attendant for ice once you get on the plane, and then you'll be good to go. Just watch out for water. If your cooler isn't that good, it will leak all over the plane when the ice melts.

## Food for Plane Rides

### Meal ideas for plane rides:

#### 1. Chicken salad

Cook up a chicken breast or some other kind of chicken, then chop or shred the meat. Get some chopped lettuce, mixed greens or spinach. Add the greens and meat to a bowl, bag or Tupperware dish. Then add any other vegetables you have in the house. I like tomatoes, onions and cucumbers. Drizzle with a small amount of olive oil.

#### 2. Beef w/ chopped vegetables

For the beef, use any kind of leftovers cooked steak, a roast or any other prepared beef. Chop, shred or cut up the leftovers and put them into a bag or dish for transport. Make sure it is well seasoned because you won't be reheating it. Next get a small bag of baby carrots, cherry tomatoes, and a bell pepper. Cut the pepper up into bit sized pieces, and then add to it some carrots and tomatoes. Put this all together in a separate bag.

### 3. Meatballs w/ cheese

Make up a batch of meatballs using your preferred meat. Depending on size put around 6 or more into a bag for transport. Next get some SCD legal cheddar cheese. Cut it into bit sized pieces. Create a bag of the cheese. Eat a meatball and cheese together for a delicious cold combo.

### 4. Any combo of meat, nuts and fruits or vegetable snacks

#### **Snack ideas for plane rides:**

Almonds, cashews, macadamia nuts, beef jerky, avocados, almond flour muffins, dried fruits, apple, pear, banana, hard boiled eggs, cheese, meatballs, raw chopped vegetables, other raw fruits

## No Refrigeration Needed

Nuts: almonds, cashews, macadamia, Brazil, pecan, walnut etc.

Dehydrated Vegetables: cucumber, eggplant, yellow squash, zucchini etc.

Dried Fruits: Raisins, bananas, strawberries, pineapple, apple, etc.

Meat Jerky: Beef, Venison, Veal, Elk, Turkey, etc.

Almond flour baked goods: Muffins, pancakes, cookies, bread etc.

Coconut flour baked goods: Muffins, pancakes, cookies, bread etc.

Any Fresh Fruit

Any Fresh Vegetables

What to watch out for: Most of the listed nuts, fruits and vegetables above if store bought look to avoid any that have been tossed with vegetable oils like cottonseed, soybean, corn, canola, etc. Also many fruits will be sweetened avoid those. Many store bought jerky's contain added illegal's.

Try these instead: <http://stevesoriginal.com/store>

## Refrigeration Needed

Cooked Meat: Chicken breasts, steak, shredded beef roasts, roast beef, shredded pork, pork chops, wild game

Raw Meat: bacon, ground meats, and any other meat you would like to cook when you arrive at your destination can be packed.

Cooked Vegetables and fruits - make sure to make enough to fill the whole Tupperware container. Try not to waste space.

Dairy: SCD yogurt, Cheese, butter.

What to watch out for: When packing raw meats make sure to double bag them with a zip lock bag so they won't leak on the other food. Cooking meat ahead of time reducing spoiling and need to always make sure the cooler is very cold.

## The Best Cooler Setup

Freezer packs - are a great investment for those who travel or pack a lunch often. Many will stay colder longer than ice and there isn't any clean up like ice. Not to mention they are reusable. The investment will pay off in a few short trips.

Soft coolers - are great for plane rides and other trips where space is limited. A general rule is that soft sided cooler is going to get warmer much faster than a hard-sided cooler. So cold is what you're after, a hard sided cooler is probably a better fit. I use a soft cooler for day trips, small outdoors trips where space is limited and to and from work.

Hard sided coolers - usually bigger and bulkier than soft coolers, these are great for extreme hot places like the beach, or camping in the summer when keeping the food cold is a high priority. If the food will need to be cold longer than a day, a hard-sided cooler is generally preferable.

Separate SCD cooler - A big hassle-saver is to create a SCD only cooler. That way you control when, who and what is getting opened. You also won't get any cross contamination problems.