

## **ON THE GO!**

These are the things you may find in my handy food bag on any given day. Lots of protein and things I can eat in 1second, 1minute or 5 minutes.

It is not difficult. It is about planning and proactivity. It takes a bit of getting used to, but being prepared is more than half the battle when it comes to nutrition.

For years after work, as I made my dinner and waited for it to cook, I would simultaneously make my lunch(es) for the next day, Many times I ended up making a double serving of something that loved that I would eat twice to save making 2 dishes. After getting stuck more than a few times without food working extra long days, I began to keep some protein powder in a Tupperware container, a bottle of fish oil capsules and a few protein bars in my car and in my office.

Taking an hour on a Sunday to cook up a bunch of chicken, hard boiled eggs, cut up vegetables and get a basic game plan is the mark of someone who is serious about success. Looking ahead for a few moments and thinking about how to prepare for possible obstacles can eliminate most emergencies.

Don't leave the vital aspects of your success to chance. Get in the habit.

Now days, I pack a bunch of really quick things in my bag and roll in 2 minutes.

Always have the right food handy and the emergencies and unscheduled cheats rarely, if ever, happen.

Feel free to add to list with your own and I will update you perpetually as the list grows.

## **STAPLES**

### **PROTEIN**

Protein Powder in Tupperware with scoop

Pillers or Schneider's Turkey/Chicken Pepperettes

Lily dale Precooked breast Chunks or previously cooked Meat

Protein Bar Homemade of Zero impact by VPX (available to purchase from coaches)

Super Lean or Extra Lean Beef Cheese Burgers

Cooked Ground Turkey/Ground Chicken Burgers

### **VEGGIES & FRUITS**

Green Beans, Sugar snap Peas, Baby Carrots (Crunchy Stuff)

Apple/Orange

Cut up Veggies- Broccoli, Peppers, Tomato, Mushrooms

Baby Spinach (usually in a made salad)

### **FAT**

Unsalted Mixed Nuts

Unsalted Almonds

Cheese Strings Low Fat

Fish Oil or Fish oil Caps  
Individual Lite Cheese Packets or Strings

**DRESSING**

Oil and vinegar 1:1 mix,  
Renee's Lite Cesar,  
Renee's Spring Herb Italian  
Hot Sauce  
Extra Virgin Olive Oil

**UTENSILS**

Shaker Cup  
Bowl  
Spoon/Fork/Knife  
Napkins

“The will to win is necessary; the will to prepare is critical”