

Healthy Meal Tips for Pros on the Go



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If you are single and travel a lot for work you can probably relate to coming home to an empty fridge and the pure joy of finding a token pizza pop in the freezer. The last thing any of us want to do after being away from home is head to a grocery store and have to cook. Drive through and food delivery adds up quickly and makes us sluggish. Cooking for one isn't always easy but there are some simple ways to stay healthy and save time for yourself. Here's some easy tips I've learned from being a flight attendant that will reduce food waste, extend the money you invested to stay healthy and keep you going through your busy schedule.

Plan ahead for your days off. If you have time to scroll social media you have time to meal plan your next grocery trips on days off. Set yourself up for success by dedicating a few hours to meal prep at least once a week. It also helps if you have great Tupperware for freezing and storing. Personally I love using Bernard jars [16 oz](#) or [32 oz](#) for freezing and using [lock and lock](#) for fridge items.

Make your list and check it twice. Even if I know a recipe by heart it's too easy to be distracted and forget something. Either start a notes section on your device or go old school like me and keep that pen and paper in your pocket or purse.

Wash and prep your fresh food as soon as you get home. Produce will stay fresher longer when you take the time to wash it and store well. Pretend your food was transported in a truck that had animals pooping in a prior delivery so you never skip this step! My only

exception to this rule is the triple washed sealed and packaged spinach or greens. I use Thieves fruit and veggie soak or you can add vinegar to water. If you're washing delicate fruits like raspberries or blackberries let them dry off on some paper towel, then add half a strip of paper towel in the storage container you put them in and flip sides with a fresh dry towel again mid-week.

Cut your clean veg to make individual salads and store in fridge right away so they are ready to go. Try mixing cherry tomatoes, cucumber, fresh zucchini, sweet peppers and fresh asparagus (it's delish raw) topped with Italian dressing or oil and vinegar! You can add fresh lettuce as another option later. Your future self will thank you huge.

Cinnamon and Lemon help extend the life of fruit and adds great flavor! Toss the lemon wedge in with your fruit after you squeezed the juice on it. Cut your apples in slices and sprinkle cinnamon and enjoy these for up to a week. As a flight attendant I've been able to bring healthy fruit across borders by preparing it this way too. It's never a guarantee but so far it's worked well.

Save money and time using your Freezer. I'm not telling you to freeze your credit card but before your food starts to go bad ask yourself what can you do with it? Can you cut up veggies and freeze for making soups later? Can you make a veggie broth? If you have some fruit about to expire, slice if needed and put on parchment paper using a tray and chill for an hour or two - then wrap up air tight and save for making smoothies. If you still have spinach or kale that comes in the plastic container with the lid, you can toss the container in the freezer as is - and it freezes perfectly. It's easy to add a handful

to your cooking or smoothies. Pre-sliced bananas that are frozen turn brown but they add the perfect sweetness to smoothies.

Would you rather take a few moments to utilize what can be saved for later or wait for a few days and deal with rotting food while telling yourself not to buy this anymore because it goes to waste? When we declutter our life in all areas we become less distracted and have more time and focus to crush our goals

Try this: 2 frozen slices of Ginger, 1 frozen Lemon wedge - toss into a pot and boil to make a ginger tea and add some honey. This does wonders for soothing your tummy and reducing bloat while getting you relaxed for a good night's sleep.

Breakfast smoothie: 1-2 handfuls of frozen kale and spinach, ½ cup of water, splash of coconut milk or almond milk, a few frozen pieces of strawberries, mango or pineapple, banana and blueberries with a dash of organic vanilla powder or protein powder. Personally I don't stress about the natural sugar from fruit.....I'm just grateful to get any source of plant based goodness when I can. If it doesn't taste quite right I add the teeniest dash of organic agave nectar and a little goes a very long way for sweetness. I've also heard frozen grapes make smoothies taste awesome too!

Here's some links for a few favourite recipes I enjoy fresh or freeze for later.

Chances are if you are a busy professional, you most likely need more veggies and proper fibre in your diet. So I'm only sharing some vegetarian options that keep you full and satisfied. It's easy enough to portion and freeze different meat options you enjoy. And trust me,

there is always homemade chicken soup in my freezer. [Himalayan salt](#) is far better than table salt, you get more minerals replenished than bottled water doesn't have and less bloating in general. I love Watkins Black pepper You can find it [here](#).

Vegan Broccoli Cheddar soup: You won't even miss the real cheese trust me. It's got the nutrition you need and tastes just as great. Mash with potato masher as it softens and add nutritional yeast if required.

<https://itzelskitchen.com/vegan-broccoli-cheddar-soup-recipe/>

Hearty Vegetarian Chili: I swap out sugar and use a little agave nectar instead. It's so easy to toss in slow cooker, freeze and pair with rice.

<https://www.chewoutloud.com/the-best-vegetarian-chili-slow-cooker-or-stovetop-3/>

Lentil Shepherd's Pie: You can make this texture and taste just like the meaty option by adding mushrooms to the lentils. Worcestershire sauce adds the perfect punch for a meaty bold flavour - just add as taste test requires. I use regular salted butter grass-fed is best if you can grab it. We need balance in our life and by making little adjustments like this makes up for the times we can't.

<https://avirtualvegan.com/lentil-shepherds-pie/>

Cauliflower Coconut Curry Stew: This was my first time ever making anything with a curry and I was dancing the whole time eating this. If I can make this then you can too!

<https://www.healthy-holistic-living.com/cauliflower-coconut-oil-ginger-turmeric-stew-amazing/>

The best way to cook is to play music and dance while you're prepping healthy meals for the week/month. Never cook angry. Think love and gratitude for the amazing nutritious delicious meal your about to make and eat. If we can change the molecules of water by saying words to it then you can put that same energy and frequency into all the things you do. Try these out and let me know what you think. I was never a great cook until I started cooking. My best advice for following a new recipe - it's easier use less seasoning and add more as you taste test, basically anything will taste great if you have organic garlic powder, onion powder, salt and pepper.

There's a saying you can't out supplement a bad diet. I have some upcoming classes teaching about essential supplements that kept me going. I'd love for you to join and please connect with me for my next class.

I hope you enjoy these recipes! Batch a few of your favourite recipes and create your grocery lists every 2 weeks to keep a healthy eating routine in your life.

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