



Staying on track while traveling can be tricky, but definitely can be done! The first thing to do is to plan, prep, and prepare. Making a plan ahead of time is important as we are more likely to slip back into unhealthy patterns when we don't have a plan.

Overall, avoiding sugar and carbs and trying to stick with lean proteins, veggies, and berries or green apples is a good place to start. When traveling and staying with friends or relatives, you cannot control your environment 100% of the time, but with a plan in mind you have a comfortable place to start.

The restaurant guide on the following pages is helpful for guidance when eating out and ideas for substitutions. Searching for restaurants ahead of time will prevent stressful, quick decisions while on the road. You can search for healthy restaurants, or paleo friendly restaurants on sites such as yelp or trip advisor. Another idea is to view menus of restaurants ahead of time and make a plan for what you will order.

If you have access to a car, you may also stop at a grocery store for additional snacks (e.g., almonds, berries, green apples, etc.). Pack a cooler with planned snacks, prepare and freeze Bone Broth Protein shakes ahead of time for the road. Having a plan in mind ahead of time helps to decrease stress and increase confidence to stick to your choices, especially if relatives have questions.

You can ask relatives to put any dressing/sauces on the side for everyone to add their own amount.

If you are going to a large group dinner with a set meal at a restaurant or event, call ahead to ask what grain free options they have and ask for an alternative. Most places know how to assist individuals with food allergies and special dietary needs guiding you to other options.

Do what you can and let go of what is out of your control. Have a great time traveling, utilizing your plan with approved tips and tricks! Remember, those "special" days with your family, friends, or co-workers don't happen every day.

### **EATING OUT**

Avoid ordering before-the-meal "extras" like cocktails, appetizers, bread and butter because these are often sources of extra fat, carbohydrates, and sugar. Order a seltzer with lemon or lime juice as a pre-dinner drink and ask for steamed vegetables or a salad prior to your meal as an alternative option.

Ask for butter, dressings, and sauces to be served on the side so you are able to control the quantity you consume. This way, you can add the recommended amount appropriate for your body.

# HEALTHY CODE WORDS WHEN DINING OUT

Look for code words like baked, broiled, grilled, poached, roasted, steamed, or garden fresh.

Choose desserts carefully. Fresh fruit or fruit ice are great alternatives to more traditional desserts. Another idea is to prepare one of the delicious desserts listed below and suggest dessert at home.

**Don't hesitate to ask your server** how particular foods are prepared or what ingredients they contain. Ask whether the restaurant can prepare your food to order.

-Ask the chef to leave out or go light on salt, dressing, sauces, oil and butter. Then, add the seasonings at the table.

Ask if smaller portions are available such as a lunch or half portion. You may also consider sharing an entrée with a companion. If smaller portions are not available, ask for a to-go box when you order and place half of the entrée in the box to eat later.

Ask whether healthy substitutions are possible. For example, if a dish comes with French fries or onion rings, ask whether you can get grilled or steamed vegetables, a salad, or fruit on the side instead.

# **GETTING SPECIFIC ON TYPES OF FOODS WHEN EATING OUT**



### **Healthy Chinese Food**

<u>Thumbs Up:</u> Steamed or stir-fried chicken, bean curd, or vegetable dishes for heart health. Ask the cook to use less oil, soy sauce, and NO MSG!

<u>Thumbs Down:</u> Egg rolls, egg drop soup, fried wontons, Lo Mein, Moo Shu, General Tso's Chicken, Sweet and Sour Pork, white and fried rice. They are prepared with a lot of oil. sodium. sugar. and MSG.



# Healthy Choices for Indian Food

<u>Thumbs Up:</u> Tandoori meats, vegetables or dal curries, and shish kabobs. South Indian food offers vegetarian dishes with cauliflower, tomatoes, eggplant, and chutney.

<u>Thumbs Down:</u> Samosas, rice, and creamy curries. Many Indian dishes are full of high-fat ghee (clarified butter). coconut oil. and milk.



Mexican Food Fiesta \*\*At Mexican eateries, dining out is a party, but beware of the lard and cheese.

<u>Thumbs Up: Share chicken or beef fajitas with onions and peppers.</u> Grilled fish with fresh salsa is another great option.

<u>Thumbs Down:</u> Chips, fried tacos, refried beans, quesadillas, rice, and chimichangas. These are loaded with saturated fat and sodium.



Healthy Italian Food \*\*Pasta is the essence of Italian dining and will spike insulin levels from the carbohydrate load. Pasta should be avoided.

<u>Thumbs Up:</u> Light sauces like primavera (vegetables); marinara (tomatoes, garlic, onion); or clam sauce. Have minestrone for starters, a salad, or grilled artichokes.

Thumbs Down: Creamy cheese sauces (like Alfredo), fried calamari, or pastas stuffed with cheese.



### **Greek Food to Savor**

<u>Thumbs Up:</u> Appetizers with eggplant, tomatoes, grains, baba ganoui, tabouli, dolmas, shish kebab, chicken and wild caught fish.

Thumbs Down: Hummus, feta, moussaka, gyros, and baklava.

### ON THE ROAD

Sometimes when you're on the road, food choices can be limited. Here are a few tips to use when you are traveling.

<u>Convenience Store/Gas Stations:</u> Everyone knows that these places are not the best when you are eating healthy, but there are some choices you can pick from after gassing up your vehicle:

Proteins: Boiled eggs (2): many convenience stores have recognized that their patrons are looking for healthier protein alternatives. You can find boiled eggs in packages of two which is equal to 3 ounces of protein. You can also find prepackaged grilled or baked chicken. Just make sure you watch your 3 ounces of protein at each meal!

Fresh Fruits: The rule of thumb when it comes to fruit and traveling, go with anything that ends in "berries" (strawberries, blueberries, raspberries, blackberries). Green apples and oranges are great options as well!

**Vegetables:** Vegetables are the hardest to find while traveling. Many gas stations/convenience stores have some sort of fast-food restaurant attached to them. Subway and Arby's will allow you to request just the vegetables for purchase. Usually, the cost is very nominal.

**Healthy Fats:** Unsalted sunflower seeds or pumpkin seeds are a great choice for healthy fat, just monitor your portions.

Alkaline Water: Here are some great alkaline bottled water brands you might find at a gas station or convenience store:

- Essentia, Qure, Ethos, and Fiji are all common brands of bottled water with high alkalinity.
- Many stores are beginning to carry more brands of alkaline water due to popular demand. Some stores even have their own brand. Most of the advertised alkaline water has a pH of 8-10!
- Your alkaline wand is very beneficial while on the road. If you are unable to find a good alkaline water bottle, make sure to use the wand!

# Common Quick Trip Restaurants:

**Subway:** A fantastic place to find healthy choices. You can request a "bowl" or salad instead of a sandwich. Choose the oven baked chicken, then add your favorite, approved vegetables. You may also add a bit of olive oil and a sprinkle of salt and pepper for added taste.

HINT: Add another chicken breast and make it two meals!

**Taco Bell:** The naked egg taco is a good choice. Also, you can request a bowl instead of a taco.

HINT: Check out their website! You can customize your meal on your phone.

As you know, there are many quick trip restaurants while you are on the road that have healthier choices. Chipotle and Cava are other great options with a "make your own" option.

Your main focus while on the program is getting 3 ounces of protein, two servings of vegetables, a serving of fruit, and 1-2 essential healthy fats. Remember to drink ½ of your body weight in ounces of alkaline water unless otherwise recommended.

# Slow Cooker Rosemary Acorn Squash



# Ingredients:

1 acorn squash or more

½ cup liquid (vegetable broth or water)

2 tablespoons extra virgin olive oil

1 tablespoon balsamic vinegar

1 teaspoon Himalayan Sea salt

1 teaspoon fresh ground pepper

3 tablespoons fresh rosemary leaves chopped

3 garlic cloves

- 1. Cut acorn squash in half. Using a spoon, scoop out seeds and discard. Cut each half into 4 slices.
- 2. Pour liquid of choice (water or vegetable broth) into slow cooker. Place squash slices, flesh side up, in slow cooker.
- 3. Drizzle olive oil and then balsamic vinegar over squash pieces. Sprinkle with salt and pepper. Using a garlic press, mince garlic cloves over squash. Lastly, sprinkle with chopped rosemary.
- 4. Put cover on slow cooker and cook on low for 7-8 hours (or 4 hours on high). Remove and drizzle with cooking liquid left in slow cooker. Serve and enjoy!

Serving Size = 2 cups

# **Baked Garlic Parsley Mushrooms**



# Ingredients:

2 lbs button mushrooms (thinly sliced)

2 tsp olive oil

3 cloves garlic (minced)

Sea salt and freshly ground black pepper, to taste

A handful of fresh parsley

- 1. Toss the mushrooms with olive oil, parsley, salt and pepper to taste in a large salad bowl
- 2. Spread on a baking sheet or rimmed baking pan and roast at 425 F, stirring a few times, until tender and browned, 30-35 minutes
- 3. Sprinkle with additional chopped parsley and serve immediately.

# Sautéed Garlic Broccolini



# Ingredients:

2 cups broccolini

3 garlic cloves, minced

1 tbsp dried onion flakes

2 tsp coconut oil

Juice and zest of half a lemon

Himalayan sea salt and freshly ground black pepper

- 1. Bring a saucepan filled with water to a boil. Add the broccolini and boil 3-4 minutes. Drain hot water and rinse broccolini with cold water.
- 2. Add coconut oil to a skillet over medium heat, then add garlic, lemon zest and
- 3. the dried onion flakes. Cook until soft and fragrant, 2-3 minutes.
- 4. Add the broccolini to the skillet and toss everything until well coated. Continue cooking until the broccolini softens. Drizzle with lemon juice, season to taste and give everything a good stir.
- 5. Cook another 2-3 minutes and serve immediately.

# Keto Green Bean Casserole



# Ingredients:

2 small shallots, peeled and sliced about 1/8 inch thick

10 tablespoons olive oil, divided

sea salt and freshly ground pepper

1 pound fresh green beans. Trimmed and cut into 2 inch pieces

12 oz button mushrooms, sliced, thin

3/4 teaspoons garlic powder

3/4 teaspoons onion powder

3/4 cup low-sodium beef or chicken broth

6 oz cream cheese

3/4 cup grated Gruyere cheese

1 teaspoon Worcestershire sauce

- 1. Preheat oven to 350 degrees F.
- 2. Make the crispy shallots: Line a plate with paper towels. Place 8 tablespoons of the olive oil in a medium skillet over medium-low heat. Add the shallots and cook, stirring occasionally, until golden brown, about 20-25 minutes. If they're browning too quickly, lower the heat. With a slotted spoon, transfer the shallots to the paper towel-lined plate to drain and crisp up as they cool. Sprinkle lightly with salt.
- 3. Meanwhile, make the casserole: Fill a medium bowl ¾ full of ice water. Fill a medium saucepot with water and 2 tablespoons salt. Bring to a boil over high heat. Add the green beans and cook until just fork tender, about 8 minutes. Immediately drain and plunge the green beans into the ice water to stop the cooking. Remove the green beans from the water to a clean kitchen towel, then blot them dry. Set aside.
- 4. Heat a large skillet with the remaining 2 tablespoons of the olive oil over medium-high heat. Add the mushrooms and cook, stirring occasionally, until they're golden brown, 8-10 minutes. Add the garlic powder, onion powder, and beef broth and bring to a boil, scraping up any bits from the bottom of the skillet with a spoon. Reduce to a simmer and stir for 1 minute. Stir in the cream cheese until it's incorporated and smooth. Add 1.5 teaspoons salt and ½ teaspoon pepper and cook, stirring constantly, until the mixture begins to thicken, 2-3 minutes. Reduce the heat to medium and cook, stirring occasionally, until the mixture is thick, like condensed soup, about 3-4 minutes. Add the grated cheese, Worcestershire sauce, and the drained green beans and toss well to combine. Transfer the mixture to an 8 in baking pan, cover tightly with foil, and cook for 20 minutes. Remove the foil and cook until bubbly and slightly browning on top, 5-10 minutes more.
- 5. To serve, let the casserole rest for 5 minutes, sprinkle the top with the crispy shallots and serve!

# Keto Cheesy Cauliflower "Mashed Potato" Casserole



# Ingredients:

2 (10 oz) bags microwaveable cauliflower rice

1 cup grated cheddar cheese, divided

½ cup grated parmesan cheese

4 oz cream cheese, at room temperature

½ cup sour cream

2 tablespoons butter or ghee

sea salt and freshly ground pepper

1 teaspoon garlic powder

2 tablespoons crispy-cooked bacon crumbles

1 tablespoon chopped green onion

- 1. Preheat oven to 350 degrees F. Following the package instructions, microwave the cauliflower packages one at a time until hot throughout, usually 3-4 minutes. Working quickly, in a mixing bowl combine the hot cauliflower, ½ cup of the cheddar cheese, the parmesan cheese, cream cheese, sour cream and butter. Stir until melted and combined. Stir in the garlic powder, ½ teaspoon salt and ¼ teaspoon pepper.
- 2. Spread mixture into a 9X9in casserole dish, sprinkle the remaining ½ cup cheddar cheese over the top and bake, uncovered, until the cheese is hot and bubbly, about 20 minutes. Sprinkle the bacon and green onion on top, serve!

# **Keto Turkey Gravy**



# Ingredients:

3 tablespoons butter, divided

1 shallot, finely minced

1 teaspoon tomato paste

½ cup turkey pan drippings or olive oil

2 cups low-sodium gluten-free turkey or chicken broth

2 teaspoons gluten-free Worcestershire sauce

½ teaspoon garlic powder

½ teaspoon onion powder

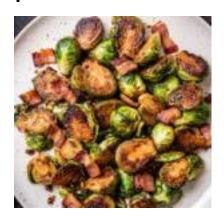
sea salt and freshly ground pepper

½ teaspoon xanthan gum

2 tablespoons heavy cream

- 1. Melt 2 tablespoons of the butter in a medium saucepan over medium heat. Add the shallot and cook until soft and a bit golden, 4-5 minutes. Stir in the tomato paste and cook for another minute.
- 2. Whisk in the turkey pan drippings (or olive oil) and the broth and bring to a boil over mediumhigh heat. Add the Worcestershire sauce, garlic powder, onion powder, ½ teaspoon salt, and ½ teaspoon pepper. Reduce the heat to simmer and slightly reduce the gravy, 8-10 minutes.
- 3. Whisk in the xanthan gum until smooth, then let the gravy simmer, whisking often, until it starts to thicken, 2-3 minutes. Whisk in the cream and simmer for 2 minutes. Remove the pan from the heat and whisk in the remaining 1 tablespoon butter. Taste and season with more salt and pepper if desired.
- 4. The gravy will thicken more as it rests. If it's too thick, thin it with a little turkey broth. Serve!

# **Keto Maple-Bacon Brussels Sprouts**



# Ingredients:

- 2 tablespoons olive oil, divided
- 4 slices (3 oz) bacon, cut into ½ inch pieces
- 1 lb brussels sprouts, washed, trimmed and cut in half through core
- 1 small shallot, minced
- 2 tablespoons sugar-free maple-flavored syrup
- 2 teaspoons Dijon mustard
- 2 teaspoons balsamic vinegar
- sea salt and freshly ground pepper

- 1. Line a plate with a paper towel. Heat a large cast-iron or stainless-steel skillet and 1 tablespoon of the olive oil over medium heat. Add the bacon, cook, stirring occasionally, until the bacon is crispy and browned, 8-10 minutes. Using a slotted spoon, transfer the bacon to the prepared plate to drain.
- 2. Keep the skillet on medium heat and add half of the Brussels sprouts cut side down in a single layer, until the cut sides develop a brown sear, about 5 minutes. Remove them to a plate. Add the remaining 1 tablespoon olive oil and repeat with the remaining Brussels sprouts.
- 3. Once all of the sprouts are seared, add them all back to the skillet along with the shallots, syrup, mustard, vinegar, 1 teaspoon salt, ½ teaspoon pepper, and 2 tablespoons water. Stir to combine, reduce heat to low, and simmer, covered and stirring occasionally, until the sprouts are tender when pierced with the tip of a paring knife, about 10 minutes. Stir in the bacon and cook uncovered for 5 minutes. Serve!

# Keto Cranberry-Walnut Sauce



# Ingredients:

1 cup whole walnuts

10 ounces fresh or frozen cranberries

½ cup sugar-free maple-flavored syrup

1 tablespoon peeled, freshly grated ginger

3/4 teaspoon pure orange extract

1 cinnamon stick

1/8 teaspoon ground clove

sea salt

- 1. Preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment paper then add the walnuts in a single layer. Bake until the nuts are a few shades darker, and you can smell the aroma of toasted nuts, 10-15 minutes. Let cool, then chop the walnuts into smaller pieces and set aside.
- 2. In a medium saucepan, combine the cranberries, maple-flavored syrup, ginger, orange extract, cinnamon stick, clove, ½ teaspoon salt and ½ cup water. Bring to a simmer over medium-high heat and cook until the berries begin to break open, 5-6 minutes. Keep cooking, stirring often, until berries are soft, about 10 minutes more.
- 3. Remove the saucepan from the heat and let the cranberry sauce cool and thicken for 5 minutes. Discard the cinnamon stick, stir in the chopped walnuts, then let the sauce cool to room temperature.
- 4. Transfer the sauce to a serving bowl, then cover it with plastic wrap, pushing the wrap onto the surface of the sauce. Refrigerate and let thicken until ready to serve.

# Keto Pumpkin-Spice Mousse Tart with Chocolate-Almond Crust



Ingredients:

For the tart:

8 oz cream cheese, softened to room temperature

1/4 cup plus 2 tablespoons sugar-free powdered sugar substitute, sifted, divided

½ cup pumpkin puree

1.5 teaspoons pumpkin pie spice, plus more for sprinkling

1.5 teaspoons vanilla extract, divided

1 cup heavy cream, divided

1 recipe Keto Chocolate-Almond Tart Crust (see below) or other 9-inch keto tart or pie crust

For the chocolate-almond tart crust:

3/4 cup raw almonds

1/4 cup coconut flour

1/4 cup granulated keto sweetener

1/4 cup cocoa powder

1/8 teaspoon salt

2 tablespoons butter, softened

1 tablespoon cold water

- 1. For the tart: In the bowl of a stand mixer fitted with the paddle attachment, combine the cream cheese and ½ cup of the powdered sweetener. Beat on low speed for 2 minutes. Add the pumpkin puree, pumpkin pie spice, and 1 teaspoon of the vanilla. Beat on low speed until incorporated, scraping down the sides of the bowl once or twice, about 1 minute. With the mixer on low, slowly add ½ cup of the heavy cream. Beat just until incorporated and fluffy, about 2 minutes. Do not overbeat. Spoon the pumpkin mousse into the prepared tart crust, smooth it out evenly with a spatula, and chill for 1 hour.
- 2. In the bowl of a clean stand mixer fitted with the whisk attachment, whip the remaining ½ cup of heavy cream, 2 tablespoons of powdered sweetener, and ½ teaspoon vanilla until soft peaks form; do not overbeat. Spoon the whipped cream over the chilled pumpkin mousse in decorative dollops. Finish with a sprinkle of pumpkin spice. Chill for at least 1 hour. Serve!
- 3. For the chocolate-almond tart crust: Preheat oven to 375 degrees F. In the bowl of a food processor fitted with the steel blade, place the almonds, coconut flour, sweetener, cocoa powder and salt. Pulse until the almonds are medium-fine, like coarse cornmeal, and there are still visible bits of the almonds. Add the butter and pulse until the mixture starts to clump, 6-8 pulses. Sprinkle 1 tablespoon of cold water over the mixture and pulse a few more times until it mixes together.
- 4. Remove the dough to a 9-in tart pan with a removable bottom. Press the crust evenly outward working it up the sides. The crust should be about ¼ inch thick. You can use a flat-bottomed metal dry measuring cup to help even the crust out and get it evenly into the corners.
- 5. Place the tart pan on a rimmed baking sheet and bake in the oven on the middle rack until dry and set, 18-20 minutes. Set aside to cool.

# Keto Maple Pecan Pie



Ingredients:

For the crust:

½ cup plus 1 teaspoon cold butter, cut into ½ inch cubes

1 cup coconut flour

1/4 cup sugar free powdered sweetener

½ teaspoon baking powder

sea salt

2 eggs, lightly beaten

1 teaspoon pure vanilla extract

1 teaspoon coconut oil

For the filling:

½ cup sugar-free maple-flavored syrup

2 large eggs

½ cup sugar-free sweetener

2 tablespoons butter, softened

2 tablespoons heavy cream

2 teaspoons pure vanilla extract

1 Keto Dessert Pie Crust

1 cup chopped pecans

½ cup whole pecans

sea salt

- 1. Make the crust: Preheat the oven to 400 degrees F. Grease a 9-in pie plate with 1 teaspoon of the butter.
- 2. In the bowl of a food processor fitted with a steel blade, add the coconut flour, sweetener, baking powder and ½ teaspoon salt. Pulse 8-10 times to sift the dry ingredients together. Add the eggs, vanilla extract, and coconut oil. Pulse another 8-10 times to incorporate into the dry ingredients. Add the cold butter cubes and pulse until the dough is crumbly and looks like sticky cauliflower rice, 25-30 times. Don't over pulse. Pour the crumbly dough into the greased pie plate.
- 3. Using your hands, quickly press the dough directly in the pie plate, ensuring it evenly covers the bottom, sides, and top edges of the pie plate and is about ¼ in thick. If the dough starts getting sticky or soft, refrigerate the dough in the plate for 20-30 minutes, then continue. Once the crust is pressed into the plate, crump the edges decoratively.
- 4. Use a skewer or a fork to make holes into the bottom of the crust. Refrigerate the crust for at least 30 minutes and up to 60 minutes.
- 5. Carefully cover the crust perimeter with thin strips of aluminum foil so the crust doesn't darken too fast when baking, then par-bake the crust until golden, 10-12 minutes. Let cool for about 30-40 minutes before adding filling and finishing baking.
- 6. Lower the oven heat to 350 degrees F.
- 7. Make the pie filling: In a mixing bowl, combine the maple-flavored syrup, eggs, granulated sweetener, butter, cream, vanilla extract and whisk well to combine. Set aside.
- 8. Line the pie crust with the chopped pecans. Pour the filling over the pecans, then wait for it to distribute evenly. Gently top with the whole pecans in a decorative pattern. Place the pie on a rimmed baking sheet. Cover the edges with aluminum foil strips.
- 9. Bake until the filling no longer jiggles, 45-50 minutes. Let the pie cool on a wire rack for 1 hour, then refrigerate for at least 1 hour before serving. Let come to room temperature for about 30 minutes prior to serving.

# Want to see more healthy recipes???

