

The **EATING HEALTHY** Playbook for **BUSY ENTREPRENEURS**

Strategies and resources to help fuel your body for peak productivity

BY CREATIONPEAK.COM



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INTRODUCTION

Thanks for downloading this playbook to help you eat well with a busy lifestyle. Please be sure to check out **The Creation Peak Show Podcast** where I talk about self care topics for entrepreneurs and other highly motivated people.

Quick Background: Hi, I'm Jenny! I'm an entrepreneur (not a health professional), and this ebook isn't here to tell you how or what to eat.

(You probably already know what works well for you anyway. :-))

Instead, these pages will guide you through the **logistics of feeding yourself when you have a full schedule** as an entrepreneur, blogger, student, professor, author, inventor, side hustler or any other type of pursuit you have that keeps your days full.

These strategies are a result of my own trial and error while being incredibly busy. (Plus, I want the best health to achieve all my goals.)

If you want to protect a strong mind and body, these set of habits will help you **keep your eating protocol going no matter what's going on.**

It's an honor to support you and your dreams.

To your success!!

Jenny at CreationPeak.com

"The first wealth
is health."

- Ralph Waldo Emerson

CHAPTER 1

QUICK COOKING STRATEGIES

Solutions for making meals using what's in your refrigerator, and cooking other truly fast recipes.

(A variety of diet protocols are included.)

What's In Your Refrigerator? Here's A Quick Meal Idea for Busy People

You may not have all the ingredients to make a particular recipe. And, if you work from home, food is especially important because you probably need to eat at home more than once a day.

Here's how to make a simple meal using what's in your refrigerator...



The Fridge-Meal Formula

<https://creationpeak.com/fridge-meal-formula>

(Expected Cook Time: Less than 30 mins)

Make a quick (and delicious) meal using what's in your fridge...

1

Heat a large pan/skillet on medium-high heat. Add 1 to 2 TBSP of fat of choice (e.g., avocado oil, grass-fed butter, etc.).

2

Optional: Add chopped onions to the pan and let it cook for about 3 minutes until translucent. Add chopped garlic and cook for about 1 minute until fragrant.

3

Add your choice of protein and season, as you prefer. If you're using raw meat, allow it to cook until almost done to your liking before continuing.

4

Add your veggies and stir. (Be sure to finely chop/shred thicker veggies like carrots, broccoli, kale, etc. so they cook faster.)

5

Pour in 0.5 to 1 cup broth (or water), turn the heat down to medium-low, and let it all simmer together for about 15 minutes. (Set your timer now so you don't forget to come back!)

6

Stir everything again, taste to make sure it's seasoned to your liking and enjoy!

What To Cook This Week If You Don't Have A Lot Of Time, But Still Want To Eat At Home

When you're focusing on a project and just need the fuel to keep going, you probably don't have the time (or the desire) to figure out what to cook this week.

Finding recipes that fit into your day can be tricky for entrepreneurs (or just busy people in general). That's why I created this curated list of 40 *truly* quick meals that support various diets...



About These Quick Recipes

The recipes on the following page support one or more of these diets:

AIP, Bulletproof Diet, Gluten Free, Keto, Low FODMAP, Paleo, Vegan, Vegetarian

Since the goal is to make healthy meals that fit into a busy schedule, the recipes had to meet this criteria:

- They ideally do not take more than 15 minutes of hands-on prep time (*i.e., amount of time required to prepare ingredients prior to cooking*). And, I say "ideally" because it may take a little more time to do something, such as chopping up a veggie, if you don't do this a lot.
- They do not require that you make a separate component (like a sauce)
- They do not require food that needs to be marinated the night before
- They do not require extensive cookware or kitchen tools (*no big cleanup*)
- They do not require that you do a time-consuming step, such as letting something drain for 45 minutes, prior to making the recipe

Some Recipes Have This Too:

- Whenever possible, I added recipes that make multiple servings so you can get more than one meal out of your cooking.
- Some are "set it and forget it" type meals where you can leave your food to cook and then come back when it's ready. (*Just don't forget to set your timer! If using an Instant Pot, it has an automatic "Keep Warm" mode when the cooking is done.*)

POST LINK:

<https://creationpeak.com/cook>

Click The Recipe Titles To See More (Page 1)

POST LINK: <https://creationpeak.com/cook>

AIP RECIPES



AIP RECIPES

Creamy Leek & Salmon Soup by Meatified
AIP Coconut Shrimp and Grits by Healing Autoimmune
Sweet Potato Breakfast Hash by Paleo Flourish
Paleo Avocado Peach Prosciutto Salad by Paleo Flourish
Asian Garlic Beef Noodles by Paleo Flourish

BULLETPROOF RECIPES



BULLETPROOF RECIPES

Baked Salmon with Thyme-Ghee and Cucumber Noodles
by Bulletproof
Low-Carb Beef Stir Fry by Bulletproof
Keto Hamburger Salad by Bulletproof
One-Pan Keto Crack Slaw by Bulletproof
Grilled Lamb Chops with Italian Salsa Verde by Bulletproof

GLUTEN-FREE RECIPES



GLUTEN FREE RECIPES

Avocado, Mozzarella and Bruschetta Chicken by Iowa Girl
Eats
The Best (And Easiest!) Migas by Gimme Some Oven
Sausage & Veggies by Allergy Free Alaska
Kale Soup by The Blond Cook
Homemade Cheeseburger Helper by Iowa Girl Eats

KETO RECIPES



KETO RECIPES

Quick Keto Egg Roll In A Bowl by Perfect Keto
Keto Mushroom Omelet by Diet Doctor
Collard Green Tuna Wraps by Mark's Daily Apple
Loaded Cauliflower by Low Carb Maven
Herb Butter Salmon and Asparagus Foil Packs by Creme De
La Crumb

Click The Recipe Title To See More (Page 2)

POST LINK: <https://creationpeak.com/cook>

LOW FODMAP RECIPES



LOW FODMAP RECIPES

Low FODMAP Frittata by Becky Excell
Veggie-Packed Low FODMAP Soup by Eat Healthy Eat Happy
Low FODMAP Maple Mustard Chicken with Rosemary by A Saucy Kitchen
Low FODMAP Chicken Cacciatore by Fun Without FODMAPS
Coconut Lime Shrimp Packets with Summer Veggies by Feed Me Phoebe

PALEO RECIPES



PALEO RECIPES

Maple Chili Pork Chops by Paleomg
Easy Paleo Turkey Meatballs with Apples & Savory Herbs by Paleo Running Momma
Sheet Pan Chicken and Mushrooms by Nom Nom Paleo
15-Minute Paleo Taco Skillet Dinner by Tasty Yummies
Wild Diet Chimichurri Steak by Fat-Burning Man with Abel James

VEGAN RECIPES



VEGAN RECIPES

African Peanut Soup by Hurry The Food Up
Asian Tofu Salad by Hurry The Food Up
Greek Goddess Bowl by Minimalist Baker
Easy Vegan Cauliflower Fried Rice by Delish Knowledge
Mediterranean Baked Sweet Potatoes by Minimalist Baker

VEGETARIAN RECIPES



VEGETARIAN RECIPES

5 Minute Tacos by A Couple Cooks
Thai Curry Pizza with Naan Bread by A Couple Cooks
Easy Chickpea Salad Sandwich by A Couple Cooks
Broccoli and Cheese Baked Sweet Potato Casserole by Trial And Eater
Spicy Corn Chowder by Hurry The Food Up

CHAPTER 2

SOURCING HEALTHY FOOD STRATEGIES

Retailers for grass-fed beef, wild-caught seafood, organic produce, healthy pantry staples, organic meal delivery services and non-perishable snacks for all kinds of diet protocols.

How To Find Organic Foods Online That Support Your Entrepreneur Diet

(I saw the "entrepreneur diet" phrase in Entrepreneur Magazine, liked it, hence the post title. :-)

Getting foods that you choose to eat can be tricky. (For example, when you have a full schedule!) ***The following pages contain my list of online retailers that I couldn't live without. Hope this helps!***



About These Healthy Retailers

As driven people, we know that health directly impacts our performance. Online resources for organic foods, meats and other healthy items make eating well so much easier!

You can use this list to bypass the usual eating obstacles. For instance:

- If you have a full schedule and don't have time to get to the store. (*Home delivery is so convenient!*)
- If your local stores don't carry the foods you want.
- If you live in an area that doesn't have good access to resources like healthy food stores, CSAs, farmer's markets, etc..

(Cost, of course, is another consideration. That's why I include my favorite solution for that too.)

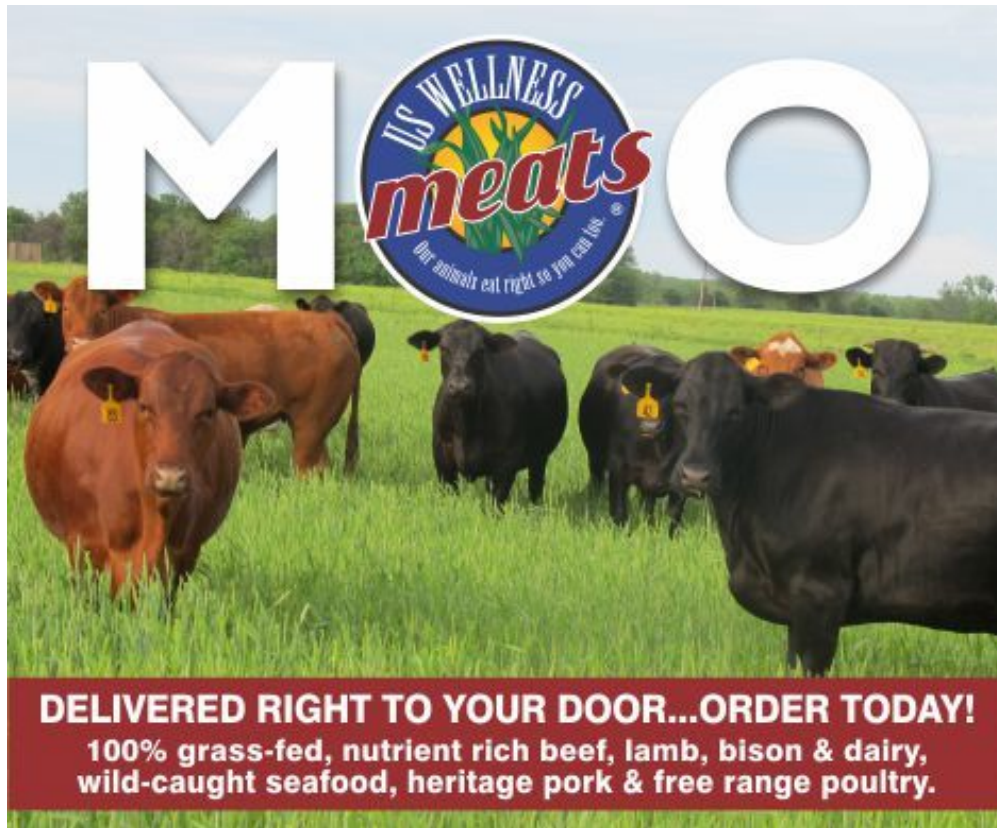
Listings are broken up as follows:

- Grass-Fed Meats (*grass-fed & finished beef, pastured chicken, heritage pork, etc.*)
- Wild-Caught Seafood (*sustainably wild-caught fish, shellfish, seafood, etc.*)
- Organic Produce (*fruits, veggies, herbs, juicing kits*)
- Pantry Staples (*bone broth, MCT oil, organic spices, etc.*)
- Organic Meal Delivery Services (*ready-to-eat meals that serve various diets and contain organic ingredients, high-quality proteins, etc.*)

Disclosure: Some of the links in the lists are affiliate links, which means I earn a commission if you make a purchase using my links. This is at no additional cost to you. I'm only recommending these products because I personally use and, in most cases, depend on them. I believe they will bring value to you too!

Grass-Fed Meat

- **US Wellness Meats:** This online meat delivery service has many options including grass-fed & finished beef, heritage pork, free-range poultry and wild-caught seafood. You can also find specialty items like artisan chocolate, nutrient-dense bone broths, grass-fed butter and even raw pet food. They also offer products for specific diets including Keto and Whole 30. ...



LINK: <https://creationpeak.com/us-wellness>

Wild-Caught Seafood

- **Vital Choice Wild Seafood & Organics:** This wild seafood delivery service offers wild-caught fish, shellfish, canned and pouched seafood, premium proteins like grass-fed bison and pasture-raised pork. They also provide specialty products including organic foods and seasonings, keto and paleo-friendly bone broths and omega-3 supplements...



LINK: <https://creationpeak.com/vital-choice>

Organic Fruits and Vegetables Delivered

- **Farmbox Direct:** It wasn't until I moved to a new area when I realized how access to fresh, organic produce can vary greatly, depending on where you live. If you don't eat a lot of fruits and veggies, this isn't a big deal. But, if these foods are a major portion of your diet and you can't get what you want, **Farmbox Direct** is a great resource.

This service delivers organic fruits, veggies, herbs and juicing kits. Their produce comes in boxes, and these box sizes range from small, medium and large. You can specify whether you want just fruits, veggies or a mix in your box.

What's also great is you can choose what foods you like (or don't like) in your account settings so you always get what you're actually going to eat. You get to choose the frequency of your box delivery, and you can pause your subscription when needed.



LINK: <https://creationpeak.com/farmbox>

Pantry Staples and Other Organic Foods (Best Prices)

- **Thrive Market:** Eating healthy can be expensive. Organic products and nutrient-dense meats definitely add up, but the payback in better health is worth it.

One of the ways you can keep your costs down is by joining a membership-based retailer like Thrive Market. This online health food store sells healthy products at wholesale prices. (Many people describe them as the healthy Costco.) After paying an annual membership fee of \$59.95, you get access to healthy living products at great discounts. I've been a member of Thrive Market for years now and I always buy staples like raw coconut butter, bone broths and avocado oil. (Btw, I consistently check to make sure that I really am paying the lowest price on Thrive Market, and they never disappoint.)

Besides the lower cost, a great perk is that Thrive Market offers free gifts with every purchase. They're also constantly adding to their product lines.

If you're new to Thrive Market, the product selection can be overwhelming. Let me show you how to easily navigate the site in this video...



THRIVE MARKET YOUTUBE VIDEO:

<https://creationpeak.com/thrive-yt>

GET AN EXTRA 25% OFF + FREE SHIPPING ON YOUR FIRST THRIVE MARKET ORDER:

<https://creationpeak.com/TM>

Protein Shakes (Plant Based & Paleo Inspired)

- **JJ Virgin:** JJ Virgin is a noted nutrition and fitness expert. She's written bestselling books that teach people how to get off sugar and drop seven of the most inflammatory foods that affect health and performance. (I've personally had great results following her information.)

Because of JJ's books, I discovered her all-in-one protein shakes, which come in both a plant-based option and paleo-inspired blend. Each serving has about 21g of protein. There is no dairy, gluten, corn or soy protein, eggs, artificial sweeteners or flavors in these products. And, in my opinion, both the chocolate and vanilla flavors taste really good! These shakes are definitely my go-to meal replacement when I need one.



LINK: <http://creationpeak.com/shake>

Organic Meal Delivery Services

Because diets and food preferences vary, I'm including two options for healthy, ready-to-eat meals that you just heat and eat.

(Both of these meal delivery services use high-quality ingredients and stay away from common allergenic foods like gluten and soy.)

- **Pete's Paleo**

LINK: <https://creationpeak.com/petes-paleo>

DIETS: AIP, Gluten Free, Keto, Low FODMAP, Paleo



About: These chef prepared meals use seasonal and organic ingredients and meat that is natural, grass fed, pastured and sustainably raised. **Pete's Paleo** has numerous options, from choosing breakfasts, lunches and dinners, selecting paleo meals that come in smaller portion sizes and even adding extra sides/proteins to some meals. You have many ways you can order. For example, you can opt for large meal plans that cover a number of days and weeks, select a weekly subscription that delivers a set number of meals (every 1 or 2 weeks), or individually order 5 or more meals by diet. Meals are free of gluten, dairy and soy.

Best For: **Pete's Paleo** changes their subscription menu based on what the farmers grow and harvest that week. This service is best for those who enjoy seasonal food and like being able to choose between placing one-time orders or subscribing to a regular service.

- **Ice Age Meals**

LINK: <https://creationpeak.com/iceage>

DIETS: Keto, Paleo

..

About: This meal delivery service offers a selection of paleo and keto meals that are free of gluten, soy, dairy and nuts. Paleo options have a protein and complex carb, such as butternut squash lasagna with grass-fed beef, while the keto options have lower carb counts like the smoked brisket and eggs meal. You can choose 6, 14, 24, or 48 meals, which are shipped frozen and then reheated by oven or microwave. They also have sampler boxes in case you need help deciding what to get. [Ice Age Meals](#) uses grass fed and organic meats, and they utilize organic ingredients whenever possible, but meals are not 100% organic.

Best For: [Ice Age Meals](#) is best if you follow a keto or paleo diet, like having a consistent menu to choose from and prefer to place one-time orders rather than being part of a subscription service.

I hope this list of online health food stores helps you stock your kitchen well.

Please note there are other healthy food options online (besides the ones listed), but I wanted to include retailers that I've had personal experience with and know are great! Plus, we don't need any "analysis paralysis" happening. :-)

POST LINK: <https://creationpeak.com/food>

10 Healthy Grab and Go Snacks for Adults (No Fridge Required)

"I tend to get so laser focused that I don't stop to eat. By the end of the day, I'm starving and end up eating junk."

Sound familiar?

Pursuing your goals can have side effects (*not eating regularly, always on the go, etc.*) **The following page contains my list of non-perishable snacks so you can supplement between meals, grab something on the go or keep these healthy foods in your work space.**



About These Non-Perishable Snacks

Since we all follow different diets, I included a variety of choices so you'll have a better chance of finding options that work for you.

To make the list, the snacks had to meet this criteria:

- They must be non-perishable foods. *(They don't need to be refrigerated, but some items require refrigeration after opening.)*
- They don't need any type of prep work. *(You can just open and eat.)*
- They are real foods meaning they don't contain things like chemicals, additives and other performance-robbing ingredients.
- They have 7g or less sugar per serving. *(Helps avoid sugar crashes later.)*

Snacks on Thrive Market:

[Thrive Market](#) (a healthy online retailer) is my recommended resource for finding these foods because they have a huge inventory that caters to many different diets. *(Plus, you get organic products at wholesale prices -- who doesn't want to save some dough?)*

And, if you'd rather shop elsewhere, you can just download the snack list and take it with you on your next shopping trip. Hope it helps!

Disclosure: The snack list contains Thrive Market affiliate links, which means I earn a commission if you make a purchase using my links. This is at no additional cost to you. I've been using Thrive Market for years, and they make my life so much easier. I think you'll love them too!

The Non-Perishable Snacks List (Quick Notes)

POST LINK: [CREATIONPEAK.COM/NON-PERISHABLE-FOODS](https://creationpeak.com/non-perishable-foods)

Quick Notes About These Fridge-Free Foods:

- **Nuts & Seeds:** Best if stored in air-tight containers like glass jars, and kept in a cool, dark place. If you're not going to eat them within a couple of months, then it's best to store them in the refrigerator or freezer.
- **Olives, Dolmas and Sardines:** These all require refrigeration after opening if you don't eat them right away. Also, they are usually found in the "Condiments" or "Canned and Packaged" food aisles.
- **All Items:** The snacks on the list do not contain chemicals, additives or more than 7g of sugar per serving.

THRIVE MARKET FOR NEWBIES YOUTUBE VIDEO:

<https://creationpeak.com/thrive-yt>

Disclosure: The links in the snack list are affiliate links, which means I earn a small commission if you make a purchase using my links. This is at no additional cost to you. Thrive Market rocks and that's why they get the stamp of approval. Thank you so much for your support!

The Non-Perishable Snacks List

POST LINK: [CREATIONPEAK.COM/NON-PERISHABLE-FOODS](https://creationpeak.com/non-perishable-foods)

1. **JERKY:** [CHOMPS Original Grass-Fed Beef Snack Sticks \(Gluten Free\)](#)
[Pan's Mushroom Jerky Zesty Thai Mushroom Jerky \(Vegan & Vegetarian\)](#)
2. **NUTS & SEEDS:** [Go Raw Organic Sprouted Pumpkin Seeds](#)
3. **COCONUT CHIPS:** [Dang Unsweetened Toasted Coconut Chips, Lightly Salted](#)
4. **ROASTED SEAWEED:** [Thrive Market Sea Salt Seaweed Snacks](#)
5. **PROTEIN BARS:** [Primal Kitchen Dark Chocolate Almond Collagen Fuel Bar \(Paleo & Keto Friendly\)](#)
[Dang Chocolate Sea Salt Bar \(Vegetarian, Vegan, Keto\)](#)
6. **OLIVES:** [Divina Organic Green Olives Pitted](#)
7. **DOLMAS:** [Divina Dolmas, Stuffed Grape Leaves](#)
8. **SARDINES:** [Wild Planet Wild Sardines in Extra Virgin Olive Oil, Lightly Smoked](#)
9. **COCONUT BUTTER / NUT BUTTER:** [Artisana Organics Raw Coconut Butter Squeeze Packs \(Keto\)](#)
[Artisana Organics Raw Almond Butter Squeeze Packs \(Organic\)](#)
10. **CHOCOLATE:** [Hu Chocolate-Covered Hunks, Cashews + Vanilla Bean \(Gluten Free, Vegan, Paleo\)](#)

Get An Extra 25% Off + Free Shipping On Your First Thrive Market Order:

<https://creationpeak.com/TM>

CHAPTER 3

KITCHEN TOOLS STRATEGIES

Cookware that optimizes your time. (Perfect for one-pot meals and easy cleanup.)

2 Kitchen Essentials That Make Life So Much Easier

The right kitchen tools help you make your own delicious meals. In my opinion, **the best ones also optimize your time in the kitchen.**

Both of the kitchen items in this post will help you blend cooking at home with having a full schedule. One utilizes more traditional style cooking, and the other is more technology based. I've used both of them for years!



About These Kitchen Essentials

These useful kitchen gadgets must be busy-lifestyle friendly.

Here's why these items are on the list:

- They don't require extensive cleanup. *(e.g., they won't have components that need lots of scrubbing at the end)*
- They can be used as the only tool during the whole cooking process. *(i.e., one-pan meals)*
- They must be considered "safer cookware" so that they don't leach harmful chemicals into the food. *(When you're going after your goals, you don't want to inadvertently ingest something that could negatively affect your health.)*

Bonuses:

- The **Instant Pot** can automatically stop cooking when the food is done. *(This is fantastic if you get caught up in a project and don't make it back in time. It's my favorite "set it and forget it" gadget.)*
- The **Lodge Cast Iron Skillet** is non-stick cookware that lasts a lifetime and can cook one-pot meals. *(Some even say it adds iron to your food. In my opinion, it makes food taste better too.)*

Disclosure: The following pages contain affiliate links, which means I earn a commission if you make a purchase using my links. This is at no additional cost to you. I've been using these items for years, and believe you'll love them too!

Instant Pot

A few years back, I was looking for a slow cooker that would give me a more "hands off" experience. *(In other words, just add the ingredients and walk away.)*

The problem was that many cookers had inserts that were made of materials I wanted to avoid. *(The insert is the container that actually touches the food.)*



This is when I found the Instant Pot because it has a **stainless steel insert** with no chemical coatings. I also discovered that it had "pressure cooking" capabilities, which cooks food a lot faster without sacrificing the flavor. *(I can't believe I'm saying this, but I believe certain meals taste better coming out of the Instant Pot versus a traditional long, slow cook in the oven.)*

In the video below, you'll see how I used my **Instant Pot (6 quart size) to cook a whole, 4-pound chicken in about an hour.** *(For comparison, this same size chicken usually takes 2 hours in the oven.)*

MORE ON THE INSTANT POT: <https://creationpeak.com/ip-post>

See The Instant Pot In Action...

INSTANT POT YOUTUBE VIDEO LINK: <https://creationpeak.com/ip-yt>



Notable Features

The Instant Pot has many benefits, but one of the main features is that it has "multicooker" capabilities. The most popular **7-in-1 series**, for example, is a pressure cooker, slow cooker, rice cooker, steamer, sauté, yogurt maker and warmer.

Instant Pot offers different models to choose from as well. For example, the **Instant Pot Smart WiFi** allows you to control your multicooker from your mobile device. You can cook, adjust and monitor the progress of your meals on the go. *(Note: I don't have experience with this model, but I wanted to let you know this option exists.)*

Getting An Instant Pot Strategy (Read This First)

I recommend researching models on the Instant Pot retailer site (below), and then check the price on Amazon. *(Sometimes, the Instant Pot retailer site is cheaper.)* For reference, I use the **6 quart size** to cook large proteins like whole chickens, batches of rice, whole heads of cabbage, bone broth, one-pan meals, etc.. **The post link (below) has links to some of the most popular models on Amazon as well as other Instant Pot information.**

INSTANT POT RETAILER SITE: <https://creationpeak.com/ip7>

POST LINK: <https://creationpeak.com/ip-post>

Lodge Cast Iron Skillet

For a long time, I avoided using cast iron because I thought the cleanup would be too hard. *(These don't go in the dishwasher.)*



Turns out, my fears were unfounded. To clean, you can simply wipe it down with a paper towel, and, if necessary, scrape away any stuck-on bits. Then just add a light layer of oil to keep it in good condition. *(You can also boil water in the pan to get rid of something really stubborn, but I've never had to do that.)*

I use the **12-inch Lodge skillet (10.25)** to cook steaks and create one-pot meals like this one:



(By the way, I used the [The Fridge Meal Formula](#) to make that meal.)

Notable Benefits

Besides the easier cleanup I mentioned, here are some more reasons this skillet gets my highest recommendations:

- It comes **pre-seasoned** so you don't have to do this yourself. *(Pre-seasoning allows the food to release easier, and it keeps the cookware from rusting.)*
- You can do all kinds of cooking methods. *(For example, sauté, bake, broil and sear.)*
- This skillet can go everywhere except the microwave. *(For instance, on the stove, in the oven, on the grill and over a campfire.)*
- Lodge cookware is still made in the USA *(South Pittsburg, Tennessee to be exact)*. Also, it's one of the more cost-effective cookware options.

Add to that, this skillet just gets better with age. It seems to retain the memory of past delicious meals, and it smells incredible when being heated.

Note: Lodge makes all kinds of skillet sizes. I recommend getting the **12 inch (10.25) skillet size** because it's large enough to make **one-pan meals**. If that's not something you care about, you can go smaller or larger, as you prefer.

For More Information

You can check Lodge prices on Amazon as well as see what accessories I recommend in this post:

POST LINK: <https://creationpeak.com/lodge-post>

CHAPTER 4

TRAVELING AND EATING STRATEGIES

Handy solutions for eating on the go.

TRAVEL TIPS FOR EATING ON THE GO

Whether you're spending the day in the car, having to catch a flight or not sure when your next meal is going to come, **it's best to have a plan to carry your food with you.**

The next page lists some of my favorite supplies for **eating on the go.** Hopefully, the information provides you with effective solutions that help you **fuel the way you want no matter the situation.**



About These Travel Tips

Sure, you can always just buy something when you're out and about, but that leaves you vulnerable.

Here's why eating on the go is tricky:

- You never know what kind of food is going to be available. *(This is especially true if you're in an unfamiliar environment.)*
- You may be watching your diet carefully because you know that certain foods affect your performance. *(And, if you're sensitive to gluten and soy like I am, you know that stuff is in everything!)*
- Things can get crazy busy and you may not end up eating at all. *(If you do intermittent fasting, this might not be a big deal, but it should still be your choice when you eat.)*

So What Do These Tips Entail?

- Containers *(options for carrying your food and keeping it fresh)*
- Food *(portable snacks and supplements)*
- Keto Coffee + Tools *(coffee and equipment for boiling water and mixing your beverages)*

Note: Bulletproof is the brand I know and use. Even if you prefer something else, I thought it would be helpful to see what kinds of on-the-go products are available.

Disclosure: The following pages contain affiliate links, which means I earn a commission if you make a purchase using my links. This is at no additional cost to you. I've been using these items for years, and believe you'll love them too!

HOW TO EAT ON THE GO

Containers

Carry Food With You: Cooler bags, ice packs, glass jars, stainless steel meal containers

Recommendations On Amazon:
<https://kit.co/creationpeak/eating-on-the-go>

TIP: Best for car, day travel, hotel and just being away from home in general



Food

Snacks (airplane friendly): Jerky, nuts & seeds, coconut chips, roasted seaweed, protein bars, chocolate (see all food options on the Snacks List Page 2)

Supplements: MCT oil, protein powder

TIP: search "travel" on Thrive Market for more on-the-go options:

<https://creationpeak.com/tm>

Keto Coffee + Tools

Coffee: Cold brew with MCT oil and collagen (or just MCT oil), coffee K cups

Tools: Travel kettle, handheld milk frother

Recommendations On Amazon:
<https://kit.co/creationpeak/eating-on-the-go>



THANK YOU FOR ALLOWING ME TO SUPPORT YOUR GOALS

I really appreciate you!

If you enjoyed this playbook, I would love it if you'd send me feedback by **filling out this form**.

Also, it would be fantastic if you share this by **using this link**, **or** clicking the button below. High five!

CLICK TO SHARE