



# Low Carb To Go: Trips, Travel, Vacations

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*Free Low Carb eBook PDF Download:* Low Carbohydrate foods for trips, travel, vacation. Emergency Plan with 5 options, deal with friends and family.

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**Low Carb To Go:  
Trips, Travel, Vacations!**



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# Low Carb to Go: Pack to Conquer



**Eating low carb on the go isn't like this anymore:**

You've been in the car for hours. You've run around all day and haven't eaten since breakfast. You're hauling around heavy suitcases or a feisty toddler on your hip.

You're starving, you're low carb all the way, and you're getting desperate. You think to yourself, *"There must be something low carb I can eat..."*

- A flat, bun-less McDonald's patty?
- A fast-food pile of wilted lettuce and starch-coated vegetables?

## **NOT SO FAST—**

Whether you're on the go or on vacation, having a plan for **low carb traveling** is an absolute MUST. No-hassle prep ensures your journey will be a success. With a little inspiration, it's possible to satisfy your nutritional needs *and* **eat low carb on the go** with style.

## Unique Low Carb Foods for Short Trips

If you only need one or two meals, you're in luck! Most cooked foods will safely keep for a few hours at room temperature without posing any serious risks, especially in air-conditioned or cool environments. Lettuce wraps, ham and cheese roll-ups, and hard-boiled eggs are great examples.

## Build a Low Carb Bento Box



Add flair to your next journey with the Japanese art of Bento. Reshape your favorite foods into **customized, low carb Bento lunchboxes or mini-meals**.

- **LEFT:** Kiwi, lettuce, cheddar cheese; Smoked sausage, orange slices and cherry tomatoes; Panko crusted chicken tenders.
- **CENTER:** Smoked chicken salad with carrots and red peppers; Blueberries and plums.
- **RIGHT:** Roasted corn, purple broccoli quiche, green broccoli, plums and roasted chicken breast.

Get fast, fresh inspiration for your next trip (or last night's leftovers) in **our Low Carb Bento box visual journal**.

## A Chance for the Exotic

Fresh veggies stay crisp and tasty for hours. A trip is a good time to try out some new or exotic varieties. Have you tried the **exotic bluish-purple broccoli, purple carrots or vivid green romanesco**?



Make sure to measure correctly and check the net carb counts! A small container of fresh guacamole or spreadable cheese tops off this savory, filling snack.

Lettuce travels in a cooler beautifully. It's crunchy, entertaining to munch on and prevents dehydration. It may also be used as a container or scoop to hold other foods such as chicken salad or ground beef mixtures.

Small packets or containers of dressings and sauces are perfect for vegetable dipping.

## Double-Duty

It's very easy to pack up some leftovers before you leave the house and enjoy them a few hours later. What a great way to save money— don't throw away leftovers that will go bad by the time you return. Simply bring them for lunch!

Freeze individual leftover packets overnight in Ziploc bags, containers or foil. Use the frozen packets as "ice" in your travel cooler to keep the drinks and other foods cold.

Magically, they will thaw out and be ready to eat by mealtime. You can freeze meal-size portions at any time to use for future trips. (They also make perfect away-from-home low carb lunches!)

## Gourmet Low Carb on Long Trips: Pack for Taste

Even though you can stop at restaurants along the way, you may still want to **pack low carb foods** for snacks and possible emergencies.

Buying select foods and thirty minutes of preparation in the kitchen the night before can save *huge* amounts of time and irritation when you're packing for a vacation or many days of travel.

## Fat and Salt

Throughout history, we have developed many ways to keep meat fresh. One method is to mix it with fat, which functions as a natural preservative. Try using a less-lean type of ground beef or sausage.

Or, add a little salt. Bacon, sausage, ham and feta cheese are all naturally salty foods. Salt draws water out of the meat, reducing bacterial growth. Unless you're restricting your salt intake— it's a perfectly healthy way to keep food fresher for a longer time.

## Dried Organics

Drying foods is another popular preservation method. Jerky provides a handy protein boost for short trips and stores easily in any bag. Look for high-quality jerky (derived from grass-fed meat, organic ingredients, minimal chemicals). Be cautious with commercial jerky— it's often loaded with sugar, nitrates and soy sauce (which has gluten). Carefully check the list of ingredients.

## All Natural Bars

Unlike typical low carb diet meal bars, “Unreal” candy contains only natural ingredients. Unreal is a safe low carb alternative for those who are sensitive to alcohol sugars or certain artificial sweeteners.

These inexpensive snacks come in several varieties and are portion-controlled (100 calories, an average of 9 net carbs).

***Sound delicious? They are!*** [Here's your Ultimate Unreal Candy Review.](#)



Unreal is gluten-free, has ZERO corn syrup, hydrogenated fat, GMOs, or artificial colors, flavors or preservatives. [Check online for the lowest Unreal Candy price.](#)

## Nuts and Butters

Nuts are a classic low carb travel food for a reason— they are an excellent source of protein, crunchy and delicious, shelf-stable at room temperature and easy to find at any gas station or rest stop. Try single-serving packets to control carb counts.

Nut butters are also an impromptu, gourmet low carb snack. Look for almond, cashew and all natural peanut varieties.

## Bottled and Canned Foods

Bottled and canned fruits, vegetables and meats store and travel well, requiring only a trip to the grocery store.

- Choose cans with peel-top lids for easy on-the-go snacking.
- Be sure to check the labels, as many canned foods also contain soy sauce.

## Gourmet Olives

Bottled olives are a tasty snack and a great addition to any uninspiring salad. You can often find them in the deli section of any grocery store or market.

Combined with feta cheese, olives are a great omega 3 and protein source.

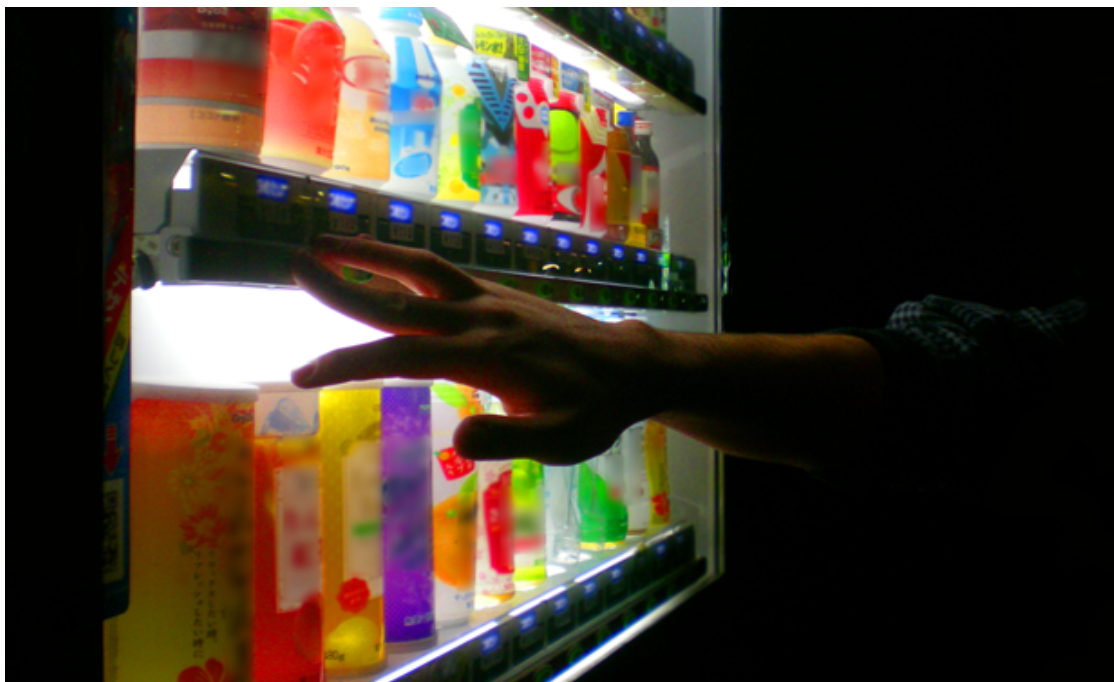
Additionally, a small travel-size container of olive oil can also come in handy for restaurants where salad dressing choices are not always so carb-friendly.

## Prepare Yourself for Success

Traveling on a low carb diet is tough— you're thrown out into the world, far away from the safety and reliability of your own kitchen, ultimately having to reconsider your journey. Aren't you tired of that?

If you use these basic **low carb to go** planning tips and a little preparation, you'll never have to sacrifice your health on the road again.

# Can't Eat Low Carb? A Fast Solution... with 5 Alternatives



## Are you pawing the vending machine?

Despite careful planning, we occasionally get stuck in a bind and **can't eat low carb**. But even if you're stuck with food that isn't strictly low carb, you don't have to give up completely.

There are many **low carb food alternatives** to help you resist the urge to dive straight into the nearest vending machine.

# What Choices Do You Have?

## 1. Your Ultimate Choice

Your first choice is the “almost low carb” foods. You may have to settle for meat that’s been cooked in seed oils, such as a fast-food burger without a bun.

Many low carb dieters don’t have immediate reactions to legumes and safe starches (**slow carbs**), and may opt for a Mexican dish based on meat and beans, or an Indian curry with lentils.

If you are eating dairy, you can also try yogurt or string cheese.

A high protein smoothie is not low carb, but a *very* small one combined with a handful of mixed nuts can carry you for a few hours. Opt for an extra scoop of protein powder if it’s available.

## 2. The Runner Up

Can’t find anything “almost” **low carb to go**? Your second choice is trying to avoid gluten and/or added sugar. It’s easy to find at least one dish based on potatoes or rice instead of wheat. In this undesirable situation, accept that you must eat something you usually avoid.

# Turn a Bad Situation into a Diet Advantage

## 3. Cheat

Don’t spend the entire meal beating yourself up for “cheating.” The important part is to get back to eating low carb as soon as possible.

Did you know that taking advantage of this mishap and labeling it a “**low carb cheat day**” can actually *help* you lose weight?

As long as you don’t overdo it, a slight change in your carb intake can stimulate your metabolism. Such stimulation can help you stop a diet stall or even bust a persistent plateau.

## Spill It

Telling all is a great way to lighten and cleanse the mind. We can take responsibility, learn from our mistake and MOVE ON. Once we lighten the load, we often realize it's not necessarily what we did, rather what we plan to do from now on.

## 4. Have an IF Fantasy

With the power of positive thinking, you can turn a bad situation into a quick, metabolism-boosting, stored fat-burning opportunity. Using your trip as a “*Surprise!*” intermittent fasting session is always an option for shorter trips.

This psychological trick will help you feel better about going without food, and the benefits of IF will help curb your hunger. *Mind over matter is a powerful thing, right?*

During this time, enjoy any Splenda-sweetened tea, drink or flavored water, and concentrate on the health benefits and cleansing effect of fasting.

## Solve the Problem for Good

## 5. Emergency Rescue

The permanent solution is simple: **pack low carb diet foods** in your car or bag. Stash them in your desk drawer... and the next time you find yourself in a tough spot, just raid your secret low carb stash!

### Emergency Low Carb Stash Checklist:

- Jerky
- Mixed nuts or low carb trail mix
- Nut butter packets
- Low carb meal replacement bar
- Flavor packets to add to water (*Splenda sweetened*)
- Single serving tea/coffee (*for a temporary energy boost*)

The key to success here is preparation. When you're trying to **travel with low carb style**, a little planning ahead will save you a lot of pain and hunger down the road.

# Low Carb Away from Home: Dealing with Friends and Family



Tired of discussing your low carb diet over dinner?

**Or why you don't eat bread?**

Being someone's house guest when you're on a low carb diet is slightly complicated

**The Key to Success is Mutual Respect:**

You want your host to respect your diet, but you also have to respect theirs. Once you know the angle, dealing with friends and family when **eating low carb away from home** is much easier than you think.

## Don't Spend Meals Under Interrogation

Meals are often the focal point of an event. Food is very personal to many people, and some hosts may feel rejected or insulted if you refuse their cooking.

Even if you say: "Dinner looks enticing and delicious, but I just can't eat (blank)."

Sometimes your host hears: **"Your food isn't good enough for me."**

This is especially true if you're staying with relatives or very close friends. Inevitably, you'll have to defend an endless stream of questions about your low carb diet. What can you do to prevent this situation from happening in the first place?

## What to Say About Your Low Carb Diet

Before you leave, discuss the basic guidelines of your diet with your host or hostess.

Providing your host with a few carefully placed bits of low carb information beforehand will allow you to enjoy your visit, avoiding any food battles along the way.

- Explain in simple terms what you do and don't eat.
- Be calm. Do not be judgmental while providing the basic information.
- Present your low carb diet as a *personal* choice.
- Highlight what you are *gaining* from your diet instead of what you've given up.

When you talk to friends and family about choosing a low carb diet, focus on reasons such as: "This diet helps me feel better." Or: "Low carb diets give me more energy."

If you really want some intellectual ammo, get scientific and share **the incredible benefits of ketosis** with them. Or tell them all the reasons **starting a low carb diet changes your life**.

## Have Patience with Your Host

Many people are not familiar with the nuances of low carb diet foods. Is this the right time to bombard them with the evil toxicity of sugar, or the rise in type two diabetes?

If not, keep your explanations short and simple.

## Low Carb, Friends and Family: Lead by Example

Offer to pitch in for groceries and help with the cooking. Share a tasty low carb recipe the entire family will be sure to enjoy. Some of my personal favorites are:

- Cream-based chicken/vegetable soups
- Meatloaf (low carb tomato sauce, minced mushrooms as a breadcrumb substitute)
- Crust-less breakfast Quiche
- Stuffed red peppers

For an easy, low carb alternative meal sure to please your friends and family, try halved sweet peppers stuffed with a mixture of ground beef, vegetables and spices. Top peppers with your favorite cheeses or a drizzle of sour cream and chives.

Cooking a few meals during your stay will save your host some work, and give you both time to talk and catch up.

## Good Luck!

Introduce delicious **low carb food alternatives** and give your host the chance to ask questions *before* you arrive. Your dinner conversations will finally revolve around something more interesting than your decision not to eat the bread.



## Are You Chock Full of Low Carb Ideas?

Share your best low carb strategy with us.

[Contact | Low Carbe Diem](#)