

HOTEL FOOD

Look at the suggested list for healthy non-refrigerated and refrigerated foods. Check with your hotel to see if a refrigerator is available for your room. Stock these in your room for easy, simple meals and snacks.

NON-REFRIGERATED

Raw Veggies – cucumber, carrots, radish, cauliflower, broccoli, string beans, celery
Fruits – berries, apples, banana, peaches, pears, plums, orange, grapes
Applesauce
Mixed Nuts – almonds, walnuts, cashew, macadamia, pecans, Brazil, pistachio
Seeds – pumpkin, sunflower, sesame
Whole Grain Crackers / Rice Chips*
Tortillas / Breads*
Cereals* (low in sugar)
Granola Bars* - Kind Bar, Macros, RXBar, Bulletproof (look for sugar/carb content)
Nut Butters – almond, peanut, cashew
Olives
Pickles
Smoked Fish - oysters, sardines, herring
Pudding / Tapioca*
Protein Shakes

REFRIGERATED

Greek Yogurt / Kefir
Cottage Cheese
String Cheese
Hard & Soft Cheese – cheddar, mozzarella, feta
Hummus / Pesto / Dip
Kombucha
Fermented Vegetables - cabbage, kimchi
Milk – almond / coconut / whole or 2% / cream
The Perfect Bar
Pre-prepared salad/veggie/meat/sandwich dishes
Coconut water
Carbonated water

MEAL DELIVERY

Organic Fit and Healthy – organicfitandhealthy.com
Savory Solutions – savorysd.com
Plated with Purpose – platedwithpurpose.com
Car's Jars – carsjars.com

*These items in moderation.

**Recommend organic, local, non-GMO, fresh whenever feasible.

**Recommended Stores: Whole Foods, Sprouts, Trader Joes, Jimbos.

- *Written by Kathryn Holly Mott, RD, ONC*