



HOTEL ATHLETE

**SMART
SNACK
TRAVEL
GUIDE**

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GUIDE



HOTEL ATHLETE



01 AIR TRAVEL SNACKS

GENERAL HEALTHY

- Greek yogurt cups (buy after security)
- Fresh fruit (apples, oranges, grapes)
- Whole grain crackers + cheese sticks
- Pre-cut veggie cups with hummus

HIGH PROTEIN

- Beef or turkey jerky (airport kiosks)
- Protein bars (low sugar options)
- Hard-boiled eggs (TSA-approved if peeled and packed)
- Cheese snack packs

LOW CARB

- String cheese or cheese cubes
- Turkey or chicken jerky
- Celery sticks with cream cheese
- Hard-boiled eggs

PLANT BASED

- Roasted chickpeas or edamame packs
- Fresh veggie sticks + hummus (airport cafés often have these)
- Dried fruit + whole grain crackers
- Plant-based protein bar

GLUTEN FREE

- Rice cakes with sunflower seed butter
- Gluten-free granola or oat bars
- Trail mix with seeds, coconut chips, and dried fruit
- Apple slices + cheese

NUT ALLERGIES

- Roasted pumpkin seeds (pepitas)
- Sunflower seed butter squeeze packs + fruit
- Pretzels or popcorn
- Apple or pear slices



02 CAR TRIP SNACKS

GENERAL HEALTHY

- Fresh fruit (bananas, clementines, apples)
- Baby carrots + hummus cups
- Whole grain wraps (prepped before leaving)
- Low-sugar trail mix

PLANT BASED

- Rice cakes with avocado spread
- Roasted seaweed snacks
- Fruit leather or dried mango (no added sugar)
- Chickpea snacks

HIGH PROTEIN

- Pre-cooked chicken strips in cooler
- Hard-boiled eggs
- Protein shake in a shaker bottle
- Low-sugar jerky

GLUTEN FREE

- Veggie sticks + guacamole cups
- Gluten-free pretzels
- Cheese cubes
- GF granola with oat milk (pack in a cooler)

LOW CARB

- Beef jerky
- Sliced deli turkey with cheese roll-ups
- Olives in travel cups
- Hard-boiled eggs

NUT ALLERGIES

- Rice crackers with hummus
- Apple slices with sunflower butter
- Cheese sticks
- Plain popcorn



03 HOTEL SNACKS

GENERAL HEALTHY

- Greek yogurt (mini-fridge if available)
- Fresh fruit bowls
- Instant oatmeal cups (hot water from coffee maker)
- Whole grain wraps with veggies

PLANT BASED

- Chia seed pudding (made in hotel fridge overnight)
- Hummus + baby carrots or pita chips
- Microwaveable brown rice cups + beans
- Fruit smoothie (if blender available)

HIGH PROTEIN

- Cottage cheese cups
- Protein shake powder (just add water/milk)
- Hard-boiled eggs (store-bought or pre-packed)
- Tuna packets with whole grain crackers

GLUTEN FREE

- Rice cakes with cream cheese or avocado
- GF oatmeal cups
- Fresh fruit + cheese slices
- Microwaveable GF brown rice or quinoa cups

LOW CARB

- Deli meat + cheese roll-ups
- Pre-made salad kits (from nearby store)
- String cheese or babybel cheese
- Tuna or salmon pouches

NUT ALLERGIES

- Veggie sticks + hummus
- Popcorn bags (microwavable)
- Cheese + apple slices
- Sunflower butter with crackers



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PROTEIN WRAP TO GO

- *Whole grain wrap*
- *Tuna pouch*
- *Cucumber slices*
- *Avocado pack*
- *Hot sauce packet*

Instructions: Layer tuna, cucumber, and avocado in wrap, drizzle with hot sauce, roll tightly in foil.

POWER OATS CUP

- *Instant oatmeal cup*
- *Protein powder packet*
- *Banana slices*
- *Nut butter squeeze pack*
- *Cinnamon packet*

Instructions: Mix protein into oats with hot water from airport café, top with banana and nut butter.

SNACK PLATE BENTO

- *Greek yogurt cup*
- *Grapes or berries*
- *Almonds or sunflower seeds*
- *Cheese stick*
- *Cinnamon packet*

Instructions: Pair yogurt with fruit, sprinkle seeds, add cheese stick for a balanced mini-meal.

04b TO-GO: NO KITCHEN



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SUPER SIMPLE SALAD BOWL

- *Pre-washed salad greens*
- *Patisserie chicken (pre-partioned)*
- *Cherry tomatoes*
- *Single-serve hummus cup*
- *Lemon wedge packet*

Instructions: Toss greens with chicken and tomatoes, drizzle hummus + lemon as a quick dressing.

YOGURT POWER PARFAIT

- *Greek yogurt cup*
- *Granola pack*
- *Blueberries*
- *Protein powder (vanilla)*
- *Nut butter squeeze pack*

Instructions: Stir protein into yogurt, top with granola, berries, and nut butter drizzle.

RICE CUP BOWL

- *Microwave rice cup*
- *Tuna pouch*
- *Frozen veggies (microwave steam bag)*
- *Soy sauce or salsa packet*
- *Chili flakes*

Instructions: Heat rice + veggies, stir in tuna, season with soy/salsa + chili flakes.



3-MINUTE EGG SCRAMBLE

- 2 eggs
- Spinach (bagged)
- Shredded cheese
- Cherry tomatoes
- Salt & pepper packets

Instructions: Scramble eggs in pan, stir in spinach + tomatoes, top with cheese.

PROTEIN PASTA BOWL

- Whole-grain pasta (quick cook)
- Rotisserie chicken or canned beans
- Frozen mixed veggies
- Olive oil packet
- Garlic powder

Instructions: Boil pasta, stir in protein + veggies, drizzle with olive oil + seasoning.

ONE PAN STIR FRY

- Microwave rice or fresh noodles
- Shrimp, chicken, or tofu
- Mixed veggies (fresh or frozen)
- Soy sauce packets
- Chili flakes

Instructions: Sauté protein + veggies, add rice/noodles, toss with soy sauce + chili.

04d HEALTHY TRAVELER MEAL MATRIX



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Step 1: Pick a Base

- Whole-grain wrap
- Microwave rice cup
- Instant oats cup
- Salad greens (pre-washed bag)
- Greek yogurt cup

Step 2: Add a Protein

- Hard-boiled eggs (grab-and-go pack)
- Canned tuna or salmon pouch
- Rotisserie chicken (portion into containers)
- Protein powder (shake or mix into oats/yogurt)
- Hummus cups or edamame

Step 3: Choose an Add-On

- Fresh fruit (apple, banana, grapes, berries)
- Raw veggies (carrots, cucumber, snap peas)
- Nuts/seeds (almonds, sunflower seeds, pumpkin seeds)
- Cheese stick or shredded cheese
- Avocado (single-serve pack or fresh)

Step 4: Flavor Boost

- Hot sauce packets
- Salsa cup
- Nut butter squeeze pack
- Lemon wedge or lime juice packet
- Travel spice kit (salt, pepper, garlic powder, chili flakes)

Example Combos Travelers Could Build:

- **Wrap Meal:** Whole-grain wrap + tuna pouch + cucumber slices + hot sauce
- **Quick Breakfast:** Instant oats + protein powder + berries + nut butter pack
- **Hotel Bowl:** Microwave rice + rotisserie chicken + avocado + salsa
- **Snack Plate:** Greek yogurt + seeds + fruit + cinnamon packet



[BONUS] HEALTHY TRAVELER PACKING GUIDE

AIR TRAVEL

Carry-On Essentials

- Reusable water bottle (empty through TSA, refill after security)
- TSA-approved snacks (protein bars, fruit, veggie sticks, trail mix)
- Collapsible container + utensils
- Electrolyte packets
- Hand sanitizer + wipes
- Compression socks
- Eye mask + earplugs
- Travel pillow

Checked Bag Essentials

- Protein powder packets or bars
- Tuna pouches, jerky, nut/seed butter packs
- Oatmeal cups, microwave rice cups, whole-grain wraps
- Small spice kit
- Collapsible cooler bag + ice packs
- Resistance bands
- Travel-friendly blender (optional)
- Supplements/vitamins in a small organizer

 **Pro Tip:** Always keep a 24-hour supply of food/snacks in your carry-on in case luggage is delayed.

ROAD TRIP

Food & Drink Storage

- Reusable water bottles + refill jug
- Small cooler or insulated backpack
- Ice packs or frozen water bottles
- Snack bags/containers
- Travel mug

On-the-Go Utensils & Cleanup


- Travel cutlery set
- Napkins/wet wipes
- Small trash bags
- Cutting board + paring knife

Road-Ready Snack Staples

- Fresh fruit (apples, oranges, grapes)
- Veggie sticks (carrots, cucumbers, snap peas)
- Hummus or nut butter cups
- Trail mix or roasted chickpeas
- Protein bars or jerky
- Wraps pre-filled and foil-wrapped

Wellness & Comfort

- Lumbar cushion / travel pillow
- Resistance bands (for stretch breaks)
- Sunglasses + SPF
- Playlists, podcasts, or audiobooks

 **Pro Tip:** Use rest stops as movement breaks – 5 minutes of stretching can keep you alert and energized.

HOTEL STAY

Hotel Room Must-Haves


- Refillable water bottle
- Resistance bands (easy workouts in-room)
- Healthy snacks for between meals
- Sleep mask + earplugs for better rest
- Electrolyte packets (hydration after travel)

If the Room Has a Mini-Fridge

- Yogurt cups
- Fresh fruit and veggies
- Pre-cooked chicken/turkey slices
- Overnight oats jars

Microwave or Kitchenette

- Microwave rice cups + frozen veggies
- Canned beans, tuna, or salmon
- Spices and condiments
- Collapsible food containers for leftovers

 **Pro Tip:** Call the hotel in advance to request a mini-fridge and microwave – they're often available even if not listed.



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JON & JOSH
CO-FOUNDERS HOTEL ATHLETE

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