EATING WELL

WHEN YOU'RE OUT & ABOUT

Simple, practical ideas for cafés, takeaways, travel and eating on the run

Life doesn't always happen around a perfectly planned meal.

Sometimes you're grabbing lunch between meetings.
Sometimes you're at the airport.
Sometimes it's takeaway night.
Sometimes you simply can't be bothered cooking!

The good news?

You don't need to eat perfectly to look after yourself.

This guide gives you some simple ideas to help you make a nourishing choice when you're eating away from home.

SIMPLE, NOT EASY

Tracey Race Health Coaching

You are not broken. You are becoming.

THE SIMPLE FORMULA

When you're choosing food on the run, don't overthink it.

Try looking for four things:

🥚 **PROTEIN**

Something that will help keep you satisfied.

Think:
eggs • chicken • fish • lean meat • Greek yoghurt • cottage cheese • tofu • beans • legumes

🥗 **PLANTS**

Add some vegetables, salad or fruit where you can.

Think:
salad • vegetables • fruit • vegetable-based soups

🥑 **SOMETHING SATISFYING**

Include foods you enjoy and that make your meal satisfying.

This might be:
avocado • cheese • nuts • seeds • hummus • a dressing you enjoy

💧 **A DRINK**

Water is a great everyday choice.

Tea and coffee can absolutely fit too.

DON'T AIM FOR PERFECT

Instead, ask yourself:

"What's the best option available to me right now?"

Not the perfect option.

Not the "diet" option.

Just a choice that supports you.

ONE MEAL DOESN'T MAKE OR BREAK YOUR HEALTH.

Your overall pattern matters much more than one meal.

Simple, not easy. Sustainable, not perfect.

WHAT COULD THAT LOOK LIKE?

☕ *AT A CAFÉ*

Try:

- *eggs with vegetables or mushrooms*
- *a breakfast with eggs and salad*
- *a salad with chicken, fish or another protein*
- *a toasted sandwich with plenty of filling + a side salad*
- *Greek yoghurt with fruit and nuts*
- *soup with a protein-rich side*

🥗 *SALAD OR SANDWICH BAR*

Look for:

- *plenty of vegetables or salad*
- *a good source of protein*
- *avocado, cheese, hummus or another satisfying addition*
- *a dressing you enjoy*

Don't be afraid to customise your meal.

🍣 *JAPANESE*

Some options might include:

- *sashimi*
- *sushi with a protein filling*
- *seaweed salad*
- *miso soup*
- *grilled chicken or fish*
- *vegetables or salad*

Choose what works for you and your needs.

🍔 *BURGER NIGHT*

You don't have to skip the burger.

You could:

- *choose a burger you genuinely enjoy*
- *add salad or vegetables if available*
- *choose a smaller serving if that feels satisfying*
- *enjoy it without guilt*

It's one meal — not a moral decision.

WHEN YOU'RE REALLY ON THE RUN

Sometimes your choices are limited.

That's real life.

⛽ *SERVICE STATION / CONVENIENCE STORE*

Look for things such as:

- *plain or lightly salted nuts*
- *fruit*
- *Greek or natural yoghurt*
- *cheese*
- *boiled eggs where available*
- *tuna or salmon*
- *lean meat or biltong*
- *water*
- *tea or coffee*

🛒 *SUPERMARKET*

A supermarket can be your friend when you're travelling or short on time.

Try:

- *ready-to-eat salad*
- *cooked chicken*
- *tinned fish*
- *eggs*
- *fruit*

- *vegetables*
- *natural yoghurt*
- *cheese*
- *nuts and seeds*

You don't need a recipe.

You just need some food that works.

🧳 *TRAVELLING?*

A little planning can make things easier.

Take a few simple options with you when possible:
nuts • fruit • yoghurt • protein-rich snacks • water

REMEMBER

You don't have to get every meal "right".

Make the best choice you can with what's available to you.

Then get on with your day.

No guilt.
No punishment.
No "I'll start again Monday." ***Just your next choice.***

Tracey x

WANT A LITTLE SUPPORT?

You don't have to figure it all out on your own.

If you're feeling stuck, overwhelmed or unsure where to start, you're welcome to book a free 30-minute First Step Call.

We'll have a chat about what's going on, what you'd like to change, and whether working together could be helpful.

No pressure. No hard sell. Just a conversation.

BOOK YOUR FREE 30-MINUTE FIRST STEP CALL