

# How to Eat Healthy On-the-Go

Whether you're traveling for the holidays, work or fun, being on-the-go doesn't mean you have to eat foods that will leave you feeling depleted, bloated and tired. Follow these tips to make better food choices that will have a positive impact and support your healthy lifestyle.

- 1. Eat High-Quality Food:** Clean eating is a great way to live a healthy lifestyle. Reach for fresh, all natural or organic ingredients to have the nutrition you need to stay energized and on track. Quality ingredients lead to healthy meals
- 2. Choose Healthy Snacks:** When you're running holiday errands or busy at work, you might find yourself hungry in between meal times. Don't let between-meal treats spoil your routine. Strive to have healthy snacks on-hand, like these [Chicken Roll-ups](#) to be enjoyed anytime of the day.
- 3. Don't Skip Meals—Ever!** With a hectic schedule, it can be hard to find time to sit down to a well-balanced meal. But, missing breakfast, lunch or dinner sets you up to be hungry, which then makes it easier to make bad food choices. Be sure to carve out time for meals, even on the busiest of days.
- 4. Simplify Meal Prep:** If you find yourself hungry, but with no prepared food on-hand, add a new type of meal to your line-up. Make-ahead recipes, like these [Bento Box](#) lunches from Monique Volz of Ambitious Kitchen (pictured at right), ensure you always have rich nutritional options, even when you're on-the-go. These grab-and-go meals not only help you live a lean and clean lifestyle, but they allow you to customize your meals.
- 5. Add Flavor to Low-fat Protein:** We all know we require protein for living a healthy and active lifestyle, and lean protein can help you stay full longer without the saturated fat of other meats. Adding bold, flavorful marinades, like [Cilantro Lime](#) or [Sweet Turmeric](#), to chicken make it as good for you as it is to eat.



## FOUR BENTO BOX LUNCHES



CHICKEN WITH AVOCADO,  
SALSA & TORTILLA CHIPS



CHICKEN SPINACH WRAP WITH  
PEANUT SAUCE & APPLES



CHICKEN SANDWICH WITH  
TOMATO & BERRIES



CHICKEN HUMMUS WRAP WITH  
GRAPES & ALMONDS

*ambitious*  
KITCHEN

For more clean eating recipes to help you live lean and clean, visit [JustBareChicken.com](http://JustBareChicken.com) or Living Lean & Clean campaign partner, [Ambitious Kitchen](#).