

Tips for Vegan Travelers

From *'21-Day Weight Loss Kickstart'*, by Neal D. Barnard, MD. Pages 172-173.

- **If you're flying** - When you travel, be sure to request vegan meals on flights that offer meals, as most international flights do (call at least forty-eight hours in advance). On flights that do not offer meals, pack a healthful snack: How about a hummus, lettuce, and tomato sandwich? Or instant soup cups, fresh fruit (mandarin oranges, tangerines), dried fruit, applesauce or fruit cups, baby carrots, sliced cucumber, small soy milk or juice carrots, or low-fat granola bars.
- **At the hotel** - arriving at your hotel, you can request a mini fridge and even a microwave, which will allow you to cook up a bowl of oatmeal for a quick breakfast and heat up convenience foods. Some hotels- especially the less expensive ones, for some reason- provide these appliances routinely. For extra points, you might even get a kitchenette.
- **Visit the local grocery** - A ten-minute stop at the local grocery can mean you'll have not just your oatmeal and bowl, but also microwavable frozen dinners, fresh fruit, instant soups, canned beans, or whatever else you would like.
- **At a restaurant** - Expand your horizons with world cuisine. International restaurants often have healthy vegan menu items. There may even be some in your neighborhood. Try Mexican, Chinese, Italian, Middle Eastern, Japanese, Thai, Ethiopian, or Vietnamese.