



# Tips for a plant-centered diet

*Traveling, Eating out, Label reading, Portions, Cravings & More*



# Eating healthy while traveling

*Tips for sticking with your  
goals*



# Travel healthy



## **Small cooler for car**

Fresh fruit, oil-free hummus, carrots, celery and sugar snap peas, plant-based yogurt, non-dairy milk and creamer.

## **Bring a reusable water bottle**

Don't get dehydrated and prevent thirst leading to unhealthy food choices.

## **Google is your friend!**

Google Chipotle near me, or even Taco Bell near me. In airports, Google "vegan options at x airport".

# 10 On-the-go snacks



1. **Fruit**
2. **Nuts and seeds**
3. **Popcorn**
4. **Tortillas**
5. **Rice cakes**
6. **Nut butter packets**
7. **Granola bars**
8. **Dried fruit**
9. **Energy bites (recipe)**
10. **Roasted chickpeas**



Apple Oat Balls from the FOK Meal Planner



BBQ Spiced Popcorn from the FOK Meal Planner



Chickpea Nibblers from the FOK Meal Planner

# Eating out

## Google again

Google will help you search for “vegan restaurants in x”.

## Research menus

Before you visit a restaurant, check out the menu to pre-plan what you’ll order.

## Ethnic cuisine

Explore local ethnic restaurants that serve dishes like falafel, stir-fried tofu, or vegetable curries.

## BYOF

Sometimes I sneakily bring my own protein.





# eat meati™

Made From Mushroom Root

**Classic Cutlets**



Classic Cuts  
**95%**  
Mushroom Root Protein

ANIMAL-FREE

**17g**

Complete Protein  
per serving

**6g**

Fiber  
per serving

NET WT. 7.4 OZ (210G) MUSHROOM ROOT CLASSIC CUTLET 2 PER PACK

Meati Cutlet

Folate	1.8mg	35%	3.6mg	70%
Pantothenic Acid	30mg	8%	61mg	15%
Magnesium	5mg	45%	10mg	90%
Zinc	0.3mg	35%	0.6mg	70%
Copper	85mg	15%	170mg	30%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Mushroom Root (mycelium), Less Than 2% Of: Salt, Natural Flavor, Acacia Gum, Oat Fiber, Chickpea Flour.

**Avoid if sensitive to Fungi such as Mushroom, Mold, or Yeast.**

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Meati Cutlet



2 servings per container

Serving size

one cutlet (105g)

	Per serving	Per container
<b>Calories</b>	<b>110</b>	<b>220</b>
	% Daily Value*	% Daily Value*
<b>Total Fat</b>	1.5g 2%	3g 4%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg 0%	0mg 0%
<b>Sodium</b>	240mg 10%	480mg 21%
<b>Total Carbohydrate</b>	8g 3%	17g 6%
Dietary Fiber	6g 21%	13g 46%
Total Sugars	0g	0g
Includes Added Sugars	0g 0%	0g 0%
<b>Protein</b>	17g 33%	33g 66%
<b>Vitamin D</b>	0mcg 0%	0mcg 0%
<b>Calcium</b>	23mg 2%	46mg 4%
<b>Iron</b>	1.5mg 8%	3mg 15%
<b>Potassium</b>	200mg 4%	400mg 8%
<b>Riboflavin</b>	1.17mg 90%	2.34mg 180%
<b>Niacin</b>	8mg 50%	16mg 100%

good about the food yo

## How To Cook

- 1 Season with salt, 1
- 2 Pre-heat a non-st with 1 tbsp oil.
- 3 Cook 10-12 minu
- 4 Flip every 2 min internal temper
- 5 Remove, let rest

Keep refrigerated and use before serving. If purchas cooking. Consume within thawed or cooked.

Meati Cutlet



Meati Cutlet

## **Ask the theme**

Figure out the theme so you can bring related food.

## **Always bring food**

Bring a plant-based dish to share. This ensures you have a substantial option to enjoy and introduces others to delicious plant-based foods.

## **Eat a “veggie starter”**

Before you go, eat a serving of veggies and a few nuts to ensure you won't be hangry when you arrive.

# Potlucks, Cookouts & Gatherings





**Send more  
questions**