

Mrs. Skinny Fat

One Clean Eating Mrs. Starts Working on Her Fitness

Friday, September 2, 2011

Eating Clean Over the Holiday Weekend - It Can Be Done!

It's the Friday before the Labor Day weekend, which in my world means planning menus, making lists, gathering goodies, and finally packing it up all! I am well aware that it's 10x easier to simply pack your clothes, hop in the car, and hit the road for your weekend adventure. Trust me, my husband reminds me this all the time! However, us clean eaters need to be able to select our meals from a healthy menu five to six times a day - I promise that you will not find what you need at the convenience store along the way! So while I endure moments of complaints from you know, the Mr. in all of this... typically along the lines of "You really have to bring all of this!?" - at the end of the day I come out to be a hero as when hunger cries, I always have a wealth of goodies to choose from. Okay, "hero" may be a bit extreme...luxury of being the writer in all this!

My List

My "To Pack" items are broken down into six basic categories including lean proteins, starchy complex carbohydrates, complex carbohydrates from fruits and vegetables, healthy fats, herbs & spices, and lastly, misc. & kitchen gadgets.

Note: For my Michigan friends, I have ** all of those items that I have picked up locally.

1. Lean Proteins

- Super Fresh, Salmon Fillets - caught just last weekend off Lake Michigan**
- Chicken Breasts - Raised with Love**
- Eggs (will need to attempt to pick these up along the way, then once reach destination will boil some for a healthy, go- to snack)
- Hummus (also a healthy fat)
- Black Beans (also a starchy complex carb)
- Protein Power

2. Starchy Complex Carbohydrates

- Red Skin Potatoes**
- Bananas
- Leftover Brown Rice, Quinoa (also a protein) & Chia Seed (also a healthy fat) Mix
- Oatmeal (both dry & pre-made)
- Carrots**
- Green Beans**
- Sweet Corn**
- Organic Tortilla Chips (blend of yellow & white corn)

3. Complex Carbohydrates from Fruits & Vegetables

- Watermelon**
- Muskmelon**
- Pears**
- Apples**
- Blueberries**
- Pineapple
- Lemons
- Limes
- Spinach
- Tomatoes**



- Onions (Red & Yellow)**
- Scallions**
- Zucchini**
- Peppers (Red, Yellow, Green & Jalapenos)**
- Mushrooms

4. Healthy Fats

- Avacados
- Raw Cashews
- Natural Peanut Butter
- Olive Oil

5. Herbs & Spices

- 1 Bunch of Cilantro
- Garlic (also a complex carb)
- Handful of spices including, red pepper flakes, all-purpose, pepper, sea salt, parsley, onion flakes, cinnamon, dill, poultry blend, and a seafood blend.

6. Misc. & Kitchen Stuff

- Green Tea
- Unsweetened Soy Milk
- Plain Greek Yogurt (also great source of protein)
- 2 Whole Food Bars**
- Supplements (active multi, bone strength, and omegas 3, 6 & 9)
- Magic Bullet
- Grill Baskets (Pamperedchef style!)
- Water Bottles (2)
- Wine (1 White & 2 Reds - all from Traverse City, Michigan)
- Wine Glasses (when you splurge, do it right!)



My favorite whole food bar "EcoTrek Fitness Whole Food Bar" - made locally, and designed by my personal trainer, Cari Draft

Posted by TONYA

Thanks Tonya - HIGH FIVE!!! ~ Cari