



Healthy Essentials Packing Checklist

HEALTHY ESSENTIAL PACKING CHECKLIST

PACK IN YOUR SUITCASE

- Resistance Bands
- App Installed for Streaming Workouts
- Running Shoes
- Workout Clothes
- Swimming Suit
- NutriBullet for making green smoothies
- Protein Shake Mix (optional)

FOOD FOR THE ROAD

- Water
- Apples
- Bananas
- Nuts
- Olives

IF YOU HAVE A COOLER:

- String Cheese
- Berries
- Hard Boiled Eggs

FOOD FOR THE FLIGHT

- Nuts
- Apples
- Raisins

HEALTHY ESSENTIAL PACKING CHECKLIST

FOOD FOR THE HOTEL

- Pre-Washed Spinach
- Case of Water
- Hard Boiled Eggs
- Peanut Butter
- Meat at the deli
- Baby Carrots
- Strawberries
- Almonds

HEALTHY MINDSET

- Remember why you're taking care of your body
- Enjoy your food - remember the Satisfaction Factor
- Spend Time with the Lord
- Eat When Hungry, Stop When Full
- Eat without Distractions

"...is not life more important than food..." - Jesus



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