

TDY Meal Planner



Building a well-balanced meal is important for health and performance. But how can you do that while on the road?

1. Aim for balanced meals and snacks that include at least one item from each category below. Be sure to add your favorite on-the-go foods to these lists as well!
2. Consider what resources you'll have access to. Decide if taking along a portable appliance or other tools might make building well-rounded meals easier and more enjoyable.
3. Use this TDY meal planner to create a solid nutrition plan, no matter where you are!



PROTEIN

- Tuna, salmon, or chicken can or packet
- Pre-hard-boiled eggs (or whole eggs if you have a microwave egg cooker)
- Jerky (variety)
- Greek yogurt
- Cottage cheese
- Protein powder
- Rotisserie chicken
- Chili or soups with protein sources (canned)

CARBOHYDRATES

- Apples
- Bananas
- Berries
- Grapes
- Pre-cut variety fruit
- Beans and lentils (canned or steam in a bag)
- Whole-grain bread or tortillas
- Rice or quinoa (steam in a bag)
- Microwave oatmeal
- Potatoes
- Popcorn
- Applesauce

NON-STARCHY VEGGIES

- Fresh vegetables such as carrots, broccoli, and bell peppers
- Green beans (steam in a bag)
- Canned vegetables (variety)
- Refrigerated or frozen vegetables (variety, steam in a bag)

FATS

- Nuts (almonds, walnuts, variety)
- Seeds (pumpkin, sunflower, variety)
- Nut butter (individual size)
- Avocado or guacamole (individual size)
- Ground flax seed
- Chia seeds

TOOLS TO CONSIDER

- Reusable bags, tupperware, or jars for storage
- Camping plate, bowl, and utensil
- Microwave egg cooker
- Microwave potato-cooker bag
- Mini cutting board
- Chopping knife (if able to travel)
- Shaker bottle
- Can opener
- Travel electric kettle
- Travel coffee grinder
- Travel coffee press

TDY Meal Planner Worksheet

Instructions

1. Move across the worksheet, filling out each section using the food lists on page 1.
2. Once complete, use the worksheet to make your grocery list.

Other quick-and-easy meal ideas can be found [here](#).

	Meal	Protein	Carb	Fat	Non-starchy Veggies
Sample	Breakfast	Greek yogurt	Mixed berries	Almonds	Carrot sticks
Monday	Breakfast				
	Lunch				
	Dinner				
Tuesday	Breakfast				
	Lunch				
	Dinner				
Wednesday	Breakfast				
	Lunch				
	Dinner				
Thursday	Breakfast				
	Lunch				
	Dinner				
Friday	Breakfast				
	Lunch				
	Dinner				