

PDF



**Eat Healthy**  
While You Travel



# Sugar Detox Snack & Travel Guide

# Sugar Detox Snack Guide

Let's face it, life isn't always going to be slow paced enough for you to make elaborate recipes from the Recipe book. You may find yourself unable to prepare anything and need a quick snack for you and the kids.

The goal of this guide is to help you find the resources you need to stock your pantry and prepare you not only for necessary items for your recipes but also for those busy times when you just need to grab a quick snack and go.

Additionally, we have provided a whole chapter on how to eat healthy when traveling, how to choose the best options at a restaurant and how to stay on track when you are attending a party or an event.

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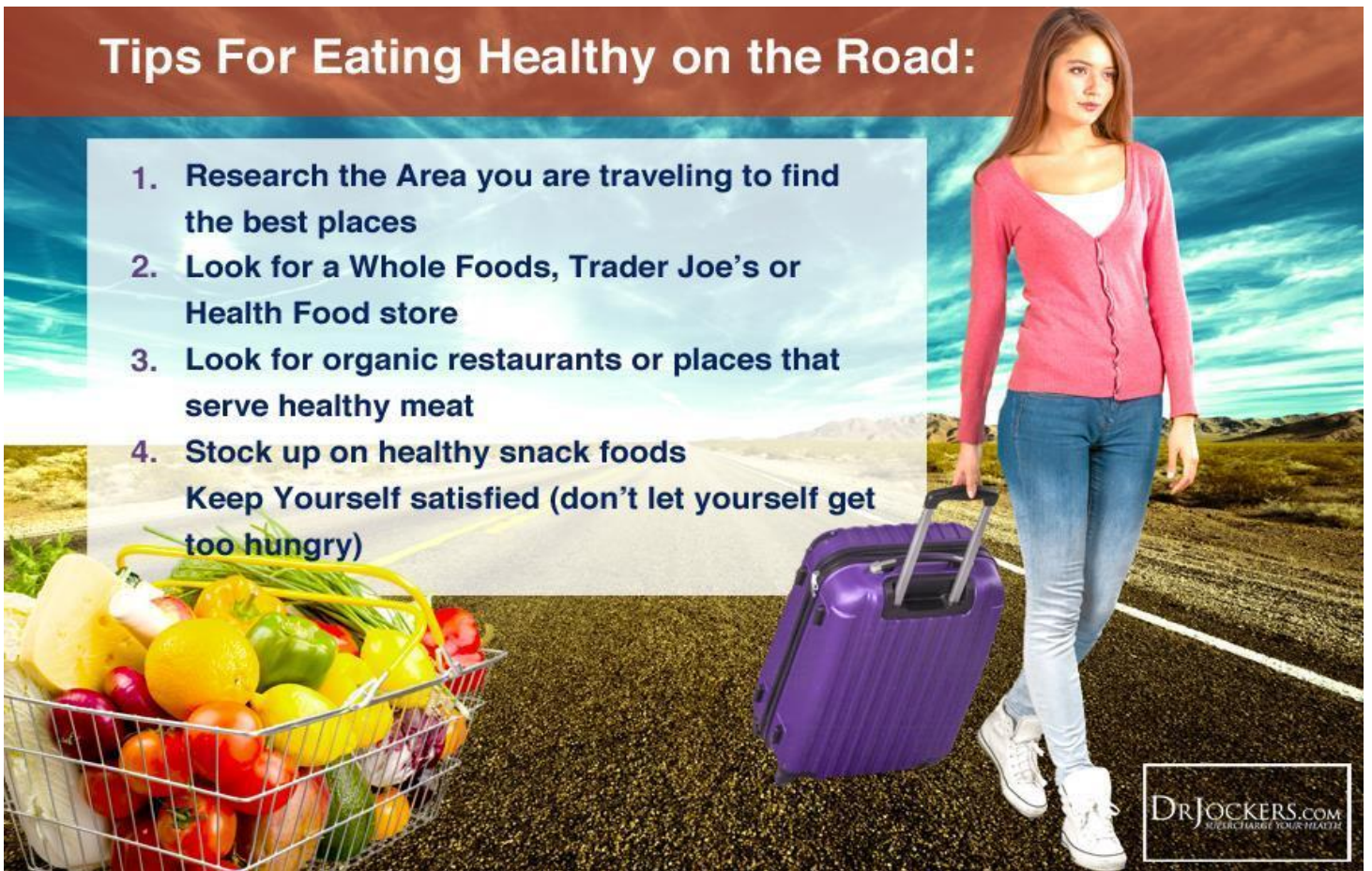
# How to Eat Healthy When Traveling:

For health conscious individuals, eating out at restaurants has always been tricky. Today, more and more places are beginning to provide organic and nutrient dense options. One of the biggest challenges people have as they begin to lead a healthier lifestyle has to do with social outings and restaurants. This article will give you some insight on how to eat healthy when you are on the road!

When you are trying to live a gluten-free, organic lifestyle there are some social repercussions. You can get around these challenges by doing your research and planning beforehand, asking the right questions and choosing wisely. Here are some tips to get the most out of your meals away from home.

## Tips For Eating Healthy on the Road:

- 1. Research the Area you are traveling to find the best places**
- 2. Look for a Whole Foods, Trader Joe's or Health Food store**
- 3. Look for organic restaurants or places that serve healthy meat**
- 4. Stock up on healthy snack foods**  
**Keep Yourself satisfied (don't let yourself get too hungry)**



## Planning Ahead is Crucial:

Planning ahead is really critical for eating healthy while traveling. This means researching restaurants and grocery stores in the area you are traveling through. You can do a google search using keywords like “gluten-free,” “organic food,” “grass-fed,” “raw food,” etc.

You can also go to websites like [eatwellguide.org](http://eatwellguide.org) to search for the healthiest places in the area you are traveling too. It is also a great idea to look at online reviews of different restaurants you may be going too. You can find helpful reviews on sites like Yelp, Chowhound, TripAdvisor and Urbanspoon.

This will give you a view of other people's dining experience at the place you are looking into. Whether you are meeting up with friends, going on a date or at a family outing it is always a good idea to eat something beforehand so you aren't starving when you show up.

When we are really hungry we make poor nutritional decisions and become much more susceptible to eating poorly. So be prepared by either eating something before going out or even bringing some of your own healthy food with you.



## **Tips For Eating Healthy at an Event:**

- 1. Eat Beforehand if possible**
- 2. Choose veggies and healthy protein if possible**
- 3. Ask for olive oil, avocado or butter and use that generously**
- 4. Stay away from gluten containing grains and desserts**
- 5. Bring digestive enzymes and probiotics with you**

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## **Ask a Lot of Questions:**

When you go out to eat it is okay to ask the waiter the questions you need to know. You may want to make sure the food you are eating is organic, GMO- free, gluten-free and/or dairy-free. You can tell the waiter or restaurant manager that you may have a real dangerous reaction if you come into contact with a certain food item.

That will immediately get their attention and they will be sure to cater to your needs. It is always advisable to know exactly what you are eating. So ask questions, avoid things like sauces, soups and dressings that are typically not made from scratch.

These things are usually processed mixtures with multiple toxic ingredients such as industrial seed oils, GMO's, artificial sweeteners and preservatives. The server may not know or understand this so don't make it too complicated on them. It is best to go with clean organic meat if available, good fat sources like avocado slices or guacamole, olive oil and lots of fresh vegetables.

You can always ask for extra veggies or extra avocado, etc. so you will be satisfied after the meal. Be sure to let the server know you are going to tip really good and they will come through for you. Of course, you need to step-up and follow through with your end of the bargain and take care of the server.



## Choose Wisely:

There may be times where you are at a family member's home or a place where you just cannot find anything that typically fits into your nutrition plan. If you know this beforehand, you can obviously eat before going and bring some digestive enzymes with you to help neutralize the damage.

You could also opt to drink lots of water with lemon if available which will help curb hunger and provide anti-oxidants for your system. When it comes to starches, it is much better to choose potatoes, rice or quinoa over breads and pasta.

Try to take as many of the vegetables as are available and load up on the good fats such as any sort of avocado dish that is available, a hummus dip, olive oil or coconut products. If the meat isn't organic or wild-caught I would look to avoid this or eat just a real small amount to avoid the concentrated environmental toxins that are in the commercialized meat.

You can also find many great snacks including grass-fed beef jerky, grass-fed cheese and many others through US Wellness Meats [here](#)



## What Does Dr Jockers Do?

I always research the restaurant I am going to beforehand so I know what choices they have on the menu. I only go to places that have some sort of clean meat like organic chicken, bison, grass-fed beef, organic eggs or Wild-caught Salmon. I also look for different fat sources such as avocado, pastured butter, olive oil, coconut products, etc.

If I am not able to pick the restaurant, I always eat something beforehand and choose a vegetable based dish like a salad with no dressing and I squeeze lemon on the veggies.

If I am going over someone's house and I am unsure about the quality of what they may serve I will either bring a dish I can enjoy or I will eat beforehand. When I am at a restaurant, I hardly ever order a recipe straight off the menu. Typically, I am maneuvering foods around to get the right amount of good fats, clean protein and anti-oxidants that I want.

For example, out here one of the "healthier" places is Ted's Montana Grill. When I am there, I will get a naked bison burger with diced avocado (I always ask the waiter to give me 2 servings of avocado) and some sort of veggies like broccoli or asparagus. This way I get lots of good fats (avocado), clean protein (bison is a free-range animal that forages on fresh pasture) and veggies.



## Easy Snacks to Get At a Grocery Store:

If you are at a general grocery store you can typically find these:

- ✓ Guacamole
- ✓ Fresh Veggies
- ✓ Fresh Fruit
- ✓ Coconut Yogurt
- ✓ Hummus (no veg oils if possible)
- ✓ Raw nuts (no veg oils on them)

## Best Snack Ideas:

When I go out of town, I always bring food. If I am taking a road trip I bring a cooler in my car with raw cheese, [coconut flakes](#), nuts/seeds, [paleo protein bars](#), collagen protein bars, low-sugar chocolate [whey protein bars](#), grass-fed [beef jerky](#), flax crackers, fresh veggies, fresh fruit, [coconut butter](#), etc.

I try to avoid plastic food storage containers (although this isn't a big deal unless it is a liquid) and try to stick with glass containers such as these ones [here](#)

When I fly out of town, I will pack the [flax crackers](#), or some healthy and crunchy (I love crunchy) veggies such as celery/carrots/cucumber, coconut oil, coconut flakes and grass-fed beef or organic turkey jerky among other things. If it is a trip that will take several days, I will find the closest health food store to stock up on more healing foods. What do you do when you are at a restaurant or traveling to make it easier to eat healthy?

I get most of my non-perishable items through [Thrive Market](#) and my wife and I estimate that we save \$40-\$50 a month by doing this. That is about \$500 year after the \$60 annual membership Thrive charges.

I absolutely LOVE flax crackers so I get those, we get non-bleached paper towels and toilet paper, snack foods such as EPIC bars, beef and turkey jerky, stevia, spices like [Herbamare](#), which is a combination of Italian herbs, kelp, etc. I like to buy turmeric in bulk and use it all the time so I get a big bag from Thrive!

Check it out for yourself – you get a free 30 day membership and 15% off your first order by going [here](#).



# Snack and Food Resource Guide:

This is a helpful guide with some of the better snack foods you can utilize during the Sugar Detox and beyond. Many of these products you can find in your local health food store. You can also find a majority of them at discounted prices (25% less typically) on Thrive Market.

I have attached Amazon.com or direct website links to many of these to make it as easy as possible for you to view the products.

## Cacao Products:

**Cacao Nibs:** These are raw, unprocessed chocolate nuggets. They are slightly bitter but taste great when combined in a grain-free cereal, baked into cookies or added to a trail mix. They are rich in anti-oxidants, magnesium and prebiotic fiber and polyphenols that support a healthy microbiome. I like the Navita Naturals [here](#)

**Cacao Powder:** All the same benefits as the cacao nibs but in a convenient powder form that is easy to add to shakes and smoothies. You can use this to make healthy fudge, chocolate cakes, etc. I like the Navita Naturals [here](#)

## Chocolate Products:

**Lily's Chocolate Chips:** These are made with premium dark chocolate and is flavored with stevia and erythritol. These taste amazing and have 0 grams of sugar. Some people have issues digesting erythritol and it can create gas and bloating...while others have no trouble digesting it. You can find this product [here](#)

**Lily's Chocolate Bars:** These bars are also excellent, using high quality dark chocolate and they are full of prebiotic rich fibers. These vary between 2-4 grams of sugar per bar as the primary sweeteners are stevia and erythritol. I wouldn't recommend eating them daily but consuming a bar per week in small amounts should be ok for a majority of people. You can find these [here](#)

## Crackers:

**Lydia's Organics:** These crackers taste awesome and are made with sprouted nuts and seeds and organic vegetables like carrots, celery, parsley, collards, kale, spinach, etc. They also have herbs such as basil, garlic and oregano. You will love the flavor and they are low-carb and nutrient dense.

**Green Crackers:** Loaded with green leafies, basil and garlic - [here](#)

**Nori Crackers:** Sea vegetable, green onions and lemon - [here](#)

**Ginger Nori:** Sea vegetable, ginger and parsley - [here](#)

**Italian Crackers:** This is an original flavor using Italian herbs - [here](#)

**Flackers Flax Crackers:** These tasty, very low-carb crackers are crunchy and pack a ton of fiber, omega 3 fatty acids and lignans that improve digestive function and reduce inflammation. 6 crackers gives you 7g of fiber, 5 grams of protein and 4.5 grams of omega 3 fatty acids. They also taste incredible!

**Savory:** Features garlic, onion and basil in this one [here](#)

**Rosemary:** Features rosemary and sage in this one [here](#)

**Mary's Gone Crackers:** These are made with certified organic ingredients and are completely gluten-free. They have more carbs in them than the flackers as they do contain brown rice and quinoa. Having a handful will not disrupt your blood sugar balance too much and they taste amazing. Especially good with some good guacamole

4 Pack of Caraway, Herb, Onion and Original flavors [here](#)

## Coconut Products:

**Coconut Aminos:** This is a great non-soy based, soy sauce alternative. You can get Coconut Secret brand Coconut Aminos [here](#)

**Canned & Carton Coconut Milk** – You want to get this in a BPA-free can without Guar Gum. The best brand that I have found is Natural Value [here](#). 365 Brand is also free of BPA laced cans. I recommend getting this by the case for the best price since canned goods have a long shelf life. For Carton – [So Delicious Unsweetened](#) is the best because they have no sweetener and no carrageenan.

**Coconut Butter:** This is similar to coconut oil but contains good coconut fibers. It tastes delicious and can be used for many recipes and to enjoy in shakes, smoothies or a fruit parfait. Here is my favorite brand [here](#)

**Coconut Oil:** This is an absolute must-have and I like to bring coconut oil everywhere. Not only is it necessary for cooking (the only oil I recommend to cook with) but it is also good to put in coffee, tea, shakes and smoothies. It is always important to get your oil's and good fats in a glass container so I like the Garden of Life brand [here](#)

**Coconut Flour:** This is an amazing baking flour and a great natural prebiotic. You can get organic coconut flour [here](#)

**Coconut Flakes:** These are a low-cost and tasty snack that is very satisfying. Packed full of healthy fats and fiber, this will help you feel nourished. I recommend freezing these as they taste like little candy chips when you pull them out. They are not only great in a trail mix, or stand-alone as a snack, but they are also a great “grain-free” cereal flake (think corn flake alternative) for a bowl of grain-free cereal.

**Let's Do Organic Coconut Flakes:** Large flakes [here](#) or shredded [here](#)

## Nuts & Seeds:

**Almonds:** These are packed full of B vitamins and essential fats. It is always best to get almonds sprouted to remove the anti-nutrients and increase the enzymatic activity to better digest & assimilate the nutrients. I recommend [Living Nutz](#) as a great brand.

**Brazil Nuts:** These nuts are extremely rich in selenium. If you tolerate them well, I recommend consuming a small handful each day about 5-6 each day supplies you with around 200 mcg of bioactive selenium which improves immune function, helping your body reduce cancer cell formation and reducing autoimmunity (especially to the thyroid). Food to Live is a great brand you can get [here](#)

**Cashews:** Tasty and delicious these are rich in B vitamins, trace minerals and good fats. Food to Live [here](#) has a great 1 lb bag of organic cashews.

**Hazelnuts:** One of the richest sources for folate amongst nut varieties and recommended for pregnant and nursing mothers. These are a bit pricey, [Food to Live](#) is the best brand.

**Macadamia Nuts:** These are rich in good fats, B vitamins and trace minerals such as manganese. Be sure to get them without any form of vegetable oil (they are often roasted in soybean, corn or canola oil. I like the Royal Hawaiian [here](#)

**Pecans:** Pecans are the most anti-oxidant rich nuts and they have a great flavor that is enjoyed around the world. It is best to get these sprouted to increase the enzymatic activity to better digest & assimilate the nutrients. I recommend the [Living Nutz](#) brand.

**Pistachios:** Pistachios are not only tasty but rich in healthy fats and B vitamins. Always best to get these in the sprouted form as well. I recommend the [Living Nutz](#) garlic & onion variety for the best flavor!

**Pine Nuts:** High concentration of essential fatty acid, pinolenic acid, which may be associated with suppression of appetite. These are pricey, [Food to Live](#) is the best brand.

**Sprouted Pumpkin Seeds:** This snack food is rich in B vitamins, enzymes, zinc, magnesium, essential fatty acids and chlorophyll. The sprouted seeds are more bioactive and the nutrients are more easily assimilated. Even better, they taste GREAT! Get them [here](#)

**Trail Mix:** Most trail mixes have added sugars and use bad fats such as canola oil, soybean oil and sunflower oil. You want to avoid these add on ingredients and look for a trail mix with only food based ingredients. [Natural Healing House](#) has their Supernuts trail mix that is all organic real food ingredients and relatively low in carbs for a dried fruit based trail mix.

**Walnuts:** These are rich in small chain omega 3 fatty acids. [Living Nutz](#) has passionate pesto walnuts that taste amazing. They are sprouted for optimal nutrient assimilation.

## Snack Bars & Jerky:

**BulletProof Collagen Bars:** These bars are made with grass-fed collagen protein which supports healthy skin, joints and digestion. They are also rich in MCT fats for healthy metabolism and brain function. They are low in net carbs, taste amazing and will keep you satisfied for a long time because they stabilize your blood sugar. They are pricey but the nutritional value they provide is well-worth the cost.

**Vanilla Bars** [here](#)

**Chocolate Bars** [here](#)

**Epic Bars:** These are tasty fruit and pasture-raised dried meat that provide great protein and anti-oxidants. These bars are very satisfying and don't melt when exposed to heat the way that most snack bars do. My favorites includes:

**Coconut Carnivore Trail Mix:** This [snack](#) is high in good fats and the lowest EPIC bar in non-fibrous carbohydrates

**Grass-Fed Beef & Cranberry Bites:** These are nice bite sized pieces of dried cranberry and grass-fed beef. Cranberry is great for the kidneys and urinary tract and grass-fed beef is rich in omega 3's and B12.

**Lamb Current Mint Bars:** Pasture-raised lamb is a powerhouse of nutrients and the dried currents provide a great prebiotic. The herbs, spearmint leaf and lemon peel provide anti-oxidants and great flavor.

**Simply Protein Bars:** These are gluten-free, no additives or preservatives and are low in carbohydrates and high in branched chain amino acids. They taste incredible, but are low in fat, so you may have increased cravings. These would be best after a workout, but not as a stand alone snack. I recommend the Chocolate Mint [here](#)

**Grass-Fed Beef Jerky:** Most of the beef jerky on the market is from factory farms that are not grass-fed and most use a lot of sugar. PaleoFit beef jerky [here](#) has no carbs and is from 100% organic, grass-fed cows, which means tons of omega 3 fatty acids and CLA.

## Spices:

**Himalayan Sea Salt:** I recommend pink salts (Redmond's Real Salt and Himalayan Sea Salt) as they have the most trace minerals and in their pure state. Here is the [brand](#) that I use.

**Herbamare:** This is one of my favorite all around spice mixes because it contains a good blend of anti-oxidant rich Italian herbs, sea salt and sea kelp. You can find this [here](#)

**Turmeric:** This is an anti-inflammatory powerhouse that is great for your joints, skin, hair, brain and digestive system. It helps to detoxify the body and prevent cancer. You can get it in large quantities for a good price through Jiva Organics [here](#)

## Protein Powders:

Protein powders provide easy to assimilate amino acids and should be a regular part of everyone's nutrition plan. It is much easier for the body to derive amino acids and nutrients from these powders than from solid foods. I ONLY RECOMMEND the highest quality, clinically formulated blends. You can find them on the [DrJockers.com store](#)

**Brain SuperCharge Protein:** This is basically a super-high quality multi-vitamin, powerful anti-oxidant and hypoallergic protein powder all in one. It acts to boost mitochondrial function to enhance brain function and energy levels.

This is a combination of many different supplements all in one. Drinking nutrients in a tasty protein shake is preferable over swallowing pills. It is also easier to give to children and to elderly who have trouble swallowing pills.

**Collagen Protein:** This is grass-fed beef gelatin and is the best protein powder for healing the gut. Collagen is also great for healthy skin, hair and joint structure. I use this for my autoimmune and leaky gut clients. It isn't flavored so you may have to add stevia to it to improve flavor of the shake.

**Super Digest Protein:** This is my go to hypoallergenic protein source. It is fantastic for anyone dealing with food sensitivities and auto-immune conditions. Easily digestible protein is important for everyone on the planet as it provides key amino acids that play a role in nearly every metabolic function. The protein is the same as Brain SuperCharge but does not contain the mitochondrial support system in it.

**Non-Denatured Whey Protein:** This is the best protein for those looking to burn fat and build lean body tissue. This protein is loaded with branched chain amino acids that support the development of lean body tissue. It is a fantastic protein for those who don't have a food sensitivity to whey. We use the Maximized Living formulation that has added digestive enzymes and probiotics for optimal digestion and nutrient assimilation.

## Herbal Teas:

Herbal teas are a great way to get more herbal anti-oxidants and phytonutrients into your system on a regular basis. I recommend Traditional Medicinals or Yogi Tea which use primarily organic herbs and no artificial fillers or chemicals in their tea bags. You can find these online or in health food stores or health food sections at many popular supermarkets.

Traditional Medicinals – [here](#)

Yogi Tea - [here](#)

## Animal Products:

**Grass-Fed Ghee:** Ghee is clarified butter. Grass-fed butter is full of healing nutrients but it also contains trace amounts of casein, whey and lactose. Ghee is completely free of casein, whey and lactose. If you have a dairy sensitivity, be sure to stick with ghee.

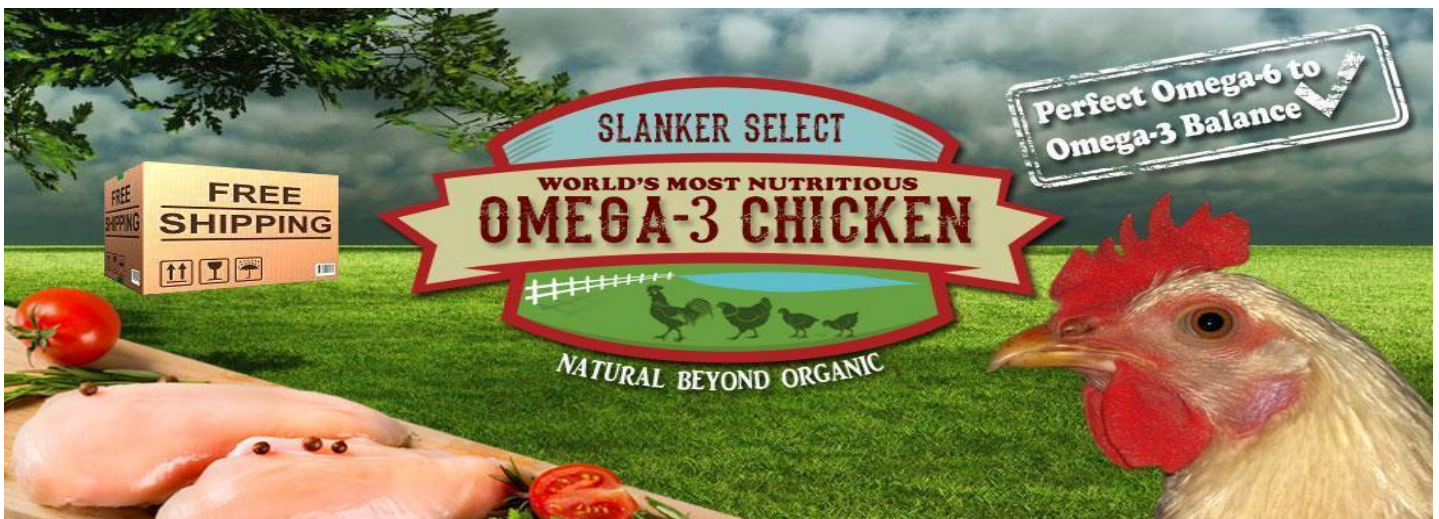
My favorite brand of grass-fed ghee is Indian Pure Farms [here](#) as they are 100% grass-fed cows and they have all kinds of unique herbal blends. The only drawback is they are quite pricey. If you cannot afford that brand, try the Purity Farms brand [here](#)

**Organic Chicken Broth:** If you don't want to make your own broth (which is best), you can get it pre-made in a carton [here](#) with 9g of protein per serving. This is an excellent product!

**US Wellness Meats:** This company [here](#) has great pasture-raised poultry, duck, beef and many other healthy meat products. You can get a whole pasture-raised chicken, you can also get chicken or duck stock or gelatin and make your own broth with that. Many of my clients do this as it saves time over making your own broth.



**Slankers:** This is another fantastic farm that has 100% grass-fed beef, pasture-raised poultry, grass-fed lamb, organ meats, stock bones, grass-fed pet food, etc. Their poultry (chicken and turkey) has the highest omega 3 content for poultry that I have ever seen. Be sure to check them out [here](#)



## About Dr David Jockers DC, MS, CSCS

**Dr. David Jockers** is a Maximized Living doctor, functional medicine practitioner, corrective care chiropractor, nutritionist, exercise physiologist and certified strength & conditioning specialist.

He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com

His experience working with thousands of individuals has given him a level of expertise in the field. He has had the privilege of traveling to London with the Maximized Living wellness advisory council to help the USA athletes win the gold in 2012.



He is a leading writer for “NaturalNews,” “Organic Lifestyle Magazine” and “The Truth About Cancer” which are three of the top online health publications in the world. He is also on the expert panel for the popular “South African Journal of Natural Medicine.” He has well over 1200 professionally published natural health articles all over the internet and in-print magazines

Dr Jockers is the author of “**SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset.**” He has also authored “**Super Immunity: The Path to Never Get Sick Again**” and the “**SuperCharged Healthy Recipe Book.**”

He is a sought after speaker around the country on such topics as weight loss, brain health, functional medicine, natural detoxification and disease prevention. Dr Jockers does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.

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