

Dr. Robyn Benson has offered this eGuide *as a compliment* to her bestselling book, [Travel with Vitality: 8 Simple Solutions for Sleeping Well, Staying Fit and Avoiding Illness While On the Road](#).

Every Healthy Conscious Traveler (HCT) knows the importance of accessing and preparing their own natural food and beverages with simple recipes designed for travel. For those who enjoy *natural solutions* and enjoy living a healthy life, this is the eGuide for you!

Learn more about Dr. Benson's A.R.T. (Amplified Regenerative Therapies) at: DestinationRegenerate.com. Discover non-surgical solutions for today's *health-conscious men and women*.

Dr. Robyn Benson's signature leading-edge A.R.T. can help you grow biologically younger! Enjoy *free access* to her online classes, eGuides, and listen to over 80 episodes of her podcast called, [YOUNGER](#) to receive *top tips* on how to regain a quality of life, prevent disease, and maintain a strong immune system. Learn to live the best life in a body you have always dreamed of at any age: RobynBenson.com





TWV Series: *Food, Beverage and Recipe eGuide*

Healthy Conscious Travelers (HCT) Prepare Before their Trip!

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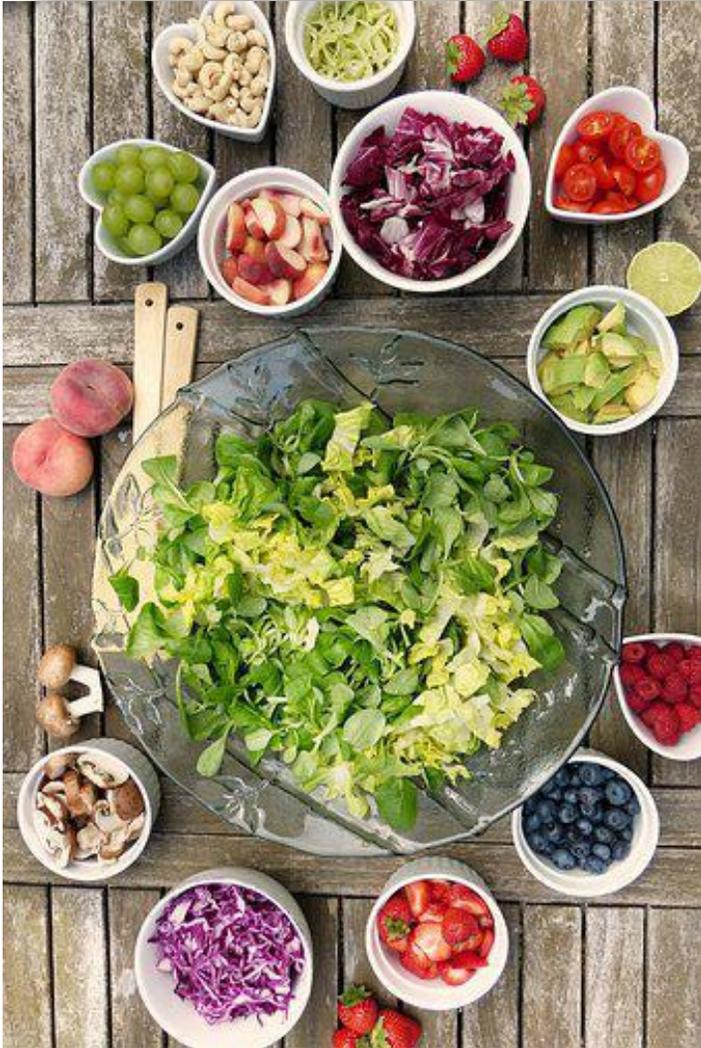


INTRO: The Importance of a Healthy, Natural Diet

Food plays a huge role in healthy travel, from clean, organic ingredients to meals designed to keep your energy level high, your immune system strong, and your brain humming and happy. Michael Pollan, author of *The Omnivore's Dilemma*, says it best: "Eat food. Not too much. Mostly plants. In fact, you need to know nothing else to be vibrantly healthy."

In the next few pages of this eGuide, you'll find tips and recipes for healthy travel food that you can make at home before you leave, from smoothies and snacks to salads, sandwiches sweet treats, and more. These are simple recipes with easy-to-find ingredients, and the dishes pack well in a cooler if you're heading out on a road trip. But don't worry if you don't have time to prepare food before your departure. Just follow the guidelines on what to eat and what to avoid in Chapter Two of my book *Travel with Vitality: 8 Simple Solutions for Sleeping Well, Staying Fit and Avoiding Illness On the Road*, and you'll be eating healthy foods all along your journey.

INTRO *continued* . . .



Food truly is the key to vibrant health. At least 80% of our health status is directly related to diet and food, so it's essential, especially when traveling, to keep your diet clean, free of preservatives, additives, high fructose corn syrup, high sugar, “unnatural flavors,” MSG, and other unhealthy ingredients.

It's also critical to avoid genetically-modified (GMO) foods, which are extremely destructive to our health. The main GMO crops sold in the U.S. are corn, soy, canola, cottonseed, sugar beets, most Hawaiian papaya and some zucchini and yellow squash. *Download the ShopNoGMO app* from the Institute for Responsible Technology to your smartphone so you'll know exactly which foods contain GMOs and which are GMO-free, especially since food companies are currently not required to label their products containing GMOs, though this may soon change as states are enacting laws requiring GMO labeling.

Be a smart, savvy shopper and check the labels before you buy! Here's a handy chart:

9 = Organic (eat to your heart's content)

8 = Genetically Modified (avoid at all costs!)

3 and 4 = Conventionally-grown with the use of pesticides (try to avoid)



Healthy Conscious Travelers (HCT) Live a Regenerative Lifestyle

Meet Dr. Robyn Benson

Dr. Robyn Benson is a Doctor of Oriental Medicine (DOM) who brings an innovative and game-changing approach to today's health care. Robyn offers the most advanced and cutting-edge therapies, procedures, and products designed to renew, restore, and revive health called A.R.T.: Amplified Regenerative Therapies.

Dr. Benson, author, speaker, and self-care and Regenerative Medicine* expert, is known by many to be THE *health detective* with life-changing solutions! She has been the owner and founder of the **Santa Fe Soul** Center for *Regenerative Medicine* close to two decades.

For almost 30 years, Dr. Benson has applied her considerable knowledge of acupuncture, platelet rich plasma (PRP) therapy, herbs, IV therapies and her love for healthy travel to help patients resolve acute and chronic health challenges and to achieve optimal and sustainable health *without the use of chemicals or surgery*.

*Definition of regenerative medicine and practices, *see next page*.



Definition of Regenerative Medicine and Practices

***Definition of Regenerative Medicine:** Regenerative Medicine is the reverse of aging and degenerative disease. It is the science of boosting healing naturally in damaged tissues and in under-functioning endocrine and immune systems. This is achieved through nutrition therapy, stem cell therapy, and oxidative medicine (ozone and high doses vitamin C IVs). It also includes restoring healthy joints, hair growth, skin rejuvenation, and sexual function with your own platelet-rich plasma (PRP).

Discover More about How You Can Live a Youthful Life Naturally!

Youthful + Healthier + Healing + Energizing + Sharper + Clearer + Sexier

amplify regenerate transform



Top Tips for the Healthy Conscious Traveler (HCT)

When traveling by plane, always pack an empty BPA-free water bottle with a filter already in it so that you can fill it up at any water fountain once you're past security. This way, you don't have to buy bottled water in the airport, saving you \$5 or more.

When traveling by car, pack a cooler with ice, beverages, salads, sandwiches, fresh fruit and vegetables, and other perishables, so you can eat while on the road and in your hotel room.

Always take your own packaged sea salt with you, as it's full of minerals and complements any meal. You can even add a pinch of sea salt to your drinking water once or twice a day to ensure water absorption into your cells and to keep your electrical body fully charged. Be sure to read and reread Chapter 1, *Are You a Frequency Traveler?*," in *Travel with Vitality: 8 Simple Solutions for Sleeping Well, Staying Fit and Avoiding Illness* to fully grasp what it truly means to have energy and vitality!

TOP Tips for the HCT *continued* . . .

Check ahead to see if your hotel room has a refrigerator. If not, ask if you can request one as they are often readily available for a nominal fee.

If you are flying, leave room in a carry-on if you care to pack a lunch or dinner—salads in a portable container, sandwiches wrapped in wax paper, bags of trail mix, nuts, gluten-free cookies, and even truffles, all safely stowed and TSA-approved. You can also pack delicious, nutritious artichokes from Monterey Farms in Salinas, CA—known as the artichoke capital of the world—available in four different flavors. Artichokes are a good travel food as they're high in antioxidants, help with digestion and lowering cholesterol, and they're great for hangovers. Visit [Monterey Farms Artichokes here](#).

Fresh fruit and vegetables are great for a moveable feast, however you're traveling. It's easy to peel an orange or banana or simply polish and bite into a ripe organic pear or apple. Water-rich celery sticks will help keep you hydrated. And you can also buy or make your own dried fruit or dehydrated jerky strips (beef, turkey, buffalo) for convenient, wholesome snacks.

Here's to healthy, delicious journeys, with great recipes to help you make your way! Of course, as always, use the highest-quality organic ingredients, pure water, sea salt, and other medicinal spices and herbs to make all your foods!



Blueberry Smoothie (Serves 2)

Combine all ingredients in your portable blender or shaker and mix until smooth.

TRAVEL WITH VITALITY RECIPES BEVERAGES

Blueberry Smoothie

1 cup water

1/2 cup organic plain yogurt

1 scoop of the [Pure Paleo Meal](#) (comes in Chocolate, Vanilla or Berry Protein Powder)

1/2 banana, sliced

1/2 cup fresh or frozen organic blueberries (excellent for eyesight and vision problems)

1 teaspoon ground cinnamon (anti-fungal, anti-bacterial and great for balancing blood sugar)



TWV RECIPES

BEVERAGES *continued ...*

Original Bulletproof Coffee

Notes: Bulletproof Coffee with organic milk or almond milk and a hefty dose of cinnamon (helps balance your blood sugar). Put it in a travel mug and it is good to go!

Call [Tom our Certified Bulletproof Coach](#).

2 ½ tablespoons of freshly ground Bulletproof Coffee beans

1 teaspoon Bulletproof Brain Octane

1-2 tablespoons of pastured, unsalted butter

Boil 1 cup of water and then pour into a mug. Add ground coffee and brew. Stir in Brain Octane and butter. Combine in a blender until frothy.



Bulletproof Coffee Lift
(Serves 2)



Cashew Milk
(Makes 2 cups)

TWV RECIPES

BEVERAGES *continued ...*

Cashew Milk

Soak a handful of cashews in 2 cups of water overnight. The next morning, blend the cashews and water and store in covered glass jar. Easy Squeezy!

Check out *page 23* and learn how make your own delicious with our Awesome-Sauce Granola to go with this special cashew milk.



Chocolate-Vanilla Dream Drink
(Serves 2)

Blend all ingredients in a high-performance blender until smooth. Enjoy! (Travel tip: pre-mix ingredients into a container for easy use when traveling.)

TWV RECIPES

BEVERAGES *continued ...*

Chocolate-Vanilla Dream Drink

- 4 cups water, coconut water, tea or nut milk
- 3 tablespoons cacao powder
- 1 tablespoon maca
- 1 teaspoon cinnamon
- 2 tablespoons coconut oil
- 1 tablespoon cashews
- 1-2 tablespoons sweetener, *such as stevia, honey, or maple syrup.*
- 1 tablespoon hemp seed
- ½ teaspoon ginger
- A sprinkle of cayenne (optional)
- 1 tablespoon [MycoMama Medicinal Mushroom Tea](#)
- ½ fresh vanilla bean
- Pinch of sea salt



TWV RECIPES

BEVERAGES *continued ...*

Go-Go Green Smoothie

2 cups leafy greens—kale, spinach (good for vision), Swiss chard (great for bones)

2 cups liquid —water, coconut water or nut milk

2 cups fruit —berries, apples, strawberries

Combine all ingredients in a blender and enjoy. You can also add 1 to 2 tablespoons of cacao powder, acai, hemp or chia seeds to further boost nutritional value. Yum!

Go-Go Green Smoothie
(Serves 2-4)



Green Monster Drink
(Serves 1-2)

Blend and enjoy as you get ready for your trip or bring your portable blender and make while you're on the road.

TWV RECIPES

BEVERAGES *continued ...*

Green Monster Drink

- 1 cup almond or cashew milk (see page 11 to make your own)
- 1 avocado (awesome healthy fat)
- ½ cup berries
- ½ cup organic kale or spinach
- 1 tablespoon chlorella or spirulina
- 1 tablespoon flaxseed oil ([Omega 3s](#))
- 1 tablespoon maca powder (great for endocrine system)
- 1 tablespoon raw honey (optional)



Harmonious Hot Chocolate (Serves 1)

Place all ingredients in your Nutri-Bullet. Add 1 cup of hot water and nut milk and blend to a frothy latte. Put this in your thermos to enjoy a delicious, nutrient-dense drink on your way to the airport.

TWV RECIPES

BEVERAGES *continued ...*

Harmonious Hot Chocolate

Notes: This is a great energy drink from my friend and fellow traveler, Harmony, who distributes her Mushroom Mama Teas (see page 48 for more) at [Santa Fe Soul](#), Center for Regenerative Medicine. This combination offers so many healthy foods and it's delicious!

- 1 tsp raw cacao powder (great for heart energy)
- 1 tsp raw honey
- 1 tsp coconut oil (a saturated fat: anti-viral, anti-bacterial, anti-microbial)
- 1 tsp coconut milk powder (optional)



TWV RECIPES

BEVERAGES *continued ...*

Healthy Traveler's Lemon Cayenne Lift

Notes: Cayenne is excellent for stimulating the immune system and great for your heart. It's also a good blood cleanser. But stay away from cayenne if you have stomach problems!

1 cup cold water

1 tablespoon fresh lemon juice

A healthy sprinkle of cayenne pepper

Healthy Traveler's Lemon Cayenne Lift (Serves 1)

Fill a glass with cold water and stir in lemon juice and cayenne pepper. Start every day with this drink and you'll be amazed at how good you feel.



Paleo Protein Vanilla, Chocolate or Berry Shake

Stay connected with the Healthy Traveler Community!

If you have enjoyed the *Travel with Vitality Food Guide* and you're now wondering how to connect with like-minded healthy-travelers, *view next slide*.

TWV RECIPES

BEVERAGES *continued ...*

Paleo Protein Shake

*Notes: This is a novel, great-tasting, dairy-free protein powder, yielding 21 g of protein per serving. It contains **HydroBEEF™**, a highly concentrated, pure beef protein, produced through an exclusive proprietary process that allows the protein to be hydrolyzed into more peptides, resulting in easier absorption and assimilation. This product contains beef from animals raised in Sweden without hormones or antibiotics, and is free of any GMO grains, grasses, and/or ensilage.*

[Paleo Protein Shakes](#) is made with non-GMO ingredients and an ideal protein for those who want a true Paleo protein source to build muscle, cartilage and ligaments, and are dairy sensitive.

Perfect for travel. Your healthy protein shake on the go.

[Pure PaleoMeal®](#) is the perfect choice to complement any meal that may be lacking in calories and nutrients, or as a quick, convenient, nutrient-dense snack. It is available in chocolate and vanilla flavors, and is sweetened with stevia leaf extract. .



Chopped Veggies & Yogurt Dip
(Serves 4-6)

Combine all ingredients in a bowl and serve with prepared vegetables.

TWV RECIPES SNACKS & SIDES

Chopped Veggies & Yogurt Dip

Veggies:

- 2 large carrots, peeled and sliced into sticks
- 1 bunch broccoli florets
- 1 orange bell pepper, seeded and sliced into sticks
- 1 red bell pepper, seeded and sliced into sticks
- 1 bunch cauliflower florets
- 1 jicama, peeled and sliced into sticks

Yogurt Dip:

- 2 cups coconut yogurt
- 2 tablespoons extra-virgin organic olive oil
- 2 tablespoons lemon juice
- 2 tablespoons dill
- Celtic or Himalayan salt, to taste
- Freshly ground black pepper, to taste



Popcorn (Serves 1)

As soon as the popping slows, remove the pan from the heat and let it finish popping. Carefully pour the popcorn into a bowl and drizzle with grass fed melted butter or your favorite cold pressed oil and sprinkle with sea salt and nutritional yeast.

TWV RECIPES

SNACKS & SIDES *continued ...*

Popcorn

2 tablespoons coconut oil
½ cup organic popcorn kernels
Melted butter or coconut oil
Sea salt, nutritional yeast

Heat coconut oil in a covered saucepan on medium heat. Add two popcorn kernels to the oil and wait until they pop – this will tell you when the oil is ready. Carefully remove the two kernels.

Add the rest of your popcorn to the oil – only enough for a single layer at the bottom of the pan. Put the lid back on the pan, slightly vented, and give the pan a few shakes. Monitor the popcorn shaking the pan occasionally. Do not walk away!

TWV RECIPES

SNACKS & SIDES *continued ...*

Flyer's Fruit Salad

Notes: Be sure to use only organic fruit so you get the full benefit of this nutrition-packed salad!

- 2 sweet apples, peeled, cored and sliced
- 1 large orange, peeled and sectioned
- 2 bananas, peeled and sliced
- 2 large bunches green or red grapes
- 1 pint strawberries, hulled and sliced
- 1 cup blueberries, fresh or frozen
- 1 cup assorted nuts, like walnuts, pecans and almonds



Flyer's Fruit Salad
(Serves 4)

*Combine all ingredients in a mixing bowl.
Cover and chill. Pack in portable containers
for travel.*



Happy Traveler Trail Mix
(Makes 3 cups)

Pack all ingredients in a portable container so, during your flight, you can munch on this delicious snack while everyone else is eating GMO peanuts! Feel free to substitute any ingredients for your favorite nuts, seeds, and dried fruits.

TWV RECIPES

SNACKS & SIDES *continued ...*

Happy Traveler Trail Mix

½ cup almonds (good for lungs and helping constipation)

½ cup pecans

½ cup cashews

½ cup cacao nibs

½ cup coconut flakes

½ cup goji berries (an amazing superfood that fights stress and increases your strength)



Harmony's Healthy Pesto (Makes 2 cups)

Blend all ingredients in high performance blender. Refrigerate in a glass-covered jar. This sauce only gets better with age! Pack a container of this deeply nutritious condiment to take with you and use on eggs, salads, and sandwiches.

TWV RECIPES SNACKS & SIDES *continued ...*

Harmony's Healthy Pesto

Notes: Basil is amazing for your digestion. Make a batch to keep in your refrigerator and add to pasta, sandwiches and eggs . . . so-o-o good for you! If you love cilantro, try substituting it for the basil.

- 1 bunch basil
- 1 cup extra-virgin olive oil
- $\frac{2}{3}$ cup pine nuts or walnuts
- 7 cloves garlic
- 1 teaspoon sea salt



HCT's Awesome-Sauce Granola (Makes 6 cups)

Mix these 2 ingredients in another bowl.

Preheat oven to 250 degrees.

Combine the ingredients of each bowl together, stirring until they're well-blended. Pour the mixture onto a cookie sheet and spread out evenly. Bake for 1 hour, stirring every 15 minutes. Let cool.

TWV RECIPES SNACKS & SIDES *continued ...*

HCT's *Awesome-Sauce* Granola

3 cups rolled oats

½ cup chopped almonds

½ cup chopped walnuts

½ cup pumpkin seeds

½ cup sunflower seeds

¾ cup shredded coconut

¼ cup coconut sugar

1 teaspoon cinnamon (anti-fungal, anti-bacterial)

Pinch of sea salt

Mix all ingredients in a bowl.

¼ cup coconut oil

¼ c maple syrup



Krunchy Kale Chips
(Makes about 1 pound)

Preheat oven to 300 degrees. Line a baking sheet with parchment paper.

Combine kale with olive oil in a large mixing bowl, making sure to coat each leaf. Spread kale in a single layer on the baking sheet and sprinkle with salt. Bake for about 10 minutes, until crisp.

TWV RECIPES

SNACKS & SIDES *continued ...*

Krunchy Kale Chips

NOTES: A delicious, nutritious snack that is low in calories, too! Eat these, instead of potato chips, and you won't feel guilty indulging.

- 1 pound curly kale, washed, dried, de-ribbed and cut into 2-inch pieces
- 2 tablespoons olive oil
- 1/4 teaspoon Celtic or Himalayan salt



Healthy Traveler's
Gluten Free Bars (box of 10)

*Learn more about the
Science of Fasting when
living a regenerative
lifestyle. Get your delicious
whole food nutrition bars
that our Santa Fe Soul team
finds it is their favorite and
easy for travel.*

TWV RECIPES SNACKS & SIDES *continued ...*

Fast Bar™

The unique and premium formulation of is a non-GMO, gluten-free and [whole food nutrition bar](#) with NO artificial additives and preservatives.

Fast Bar™ features a proprietary blend of premium nuts and other natural ingredients at scientific portions of macro and micro nutrients. It provides nourishment to your body while maintaining it in a fasting mode activated by high-good fats, reduced carbs and protein.

[The Science of Fasting](#)

Fasting can be part of a healthy lifestyle when you have the option to fast safely while you time your meals.

Extend your time-restricted eating with Fast Bar™ for intermittent fasting.

Enjoy a Fast Bar™ if you seek a premium snack to nourish your body.

Find your daily rhythm for fasting and nutrition!



No Nonsense Nuts (Makes 3 cups)

Combine all ingredients together for an amazingly healthy snack that's easy to transport.

TWV RECIPES SNACKS & SIDES *continued ...*

No Nonsense Nuts

- ½ cup organic almonds
- ½ cup organic raw cashews
- ½ cup, chia seeds (high in calcium, remarkable anti-oxidant)
- ½ cup raw shelled hemp seeds (high in omega 3s)
- ¼ cup pumpkin seeds (anti-inflammatory)



On-the-Runway Salad (Serves 2)

Combine all ingredients, garnish with salad dressing (see recipe below), pack in a container and you're ready to go! For extra protein, serve with sardines, a bit of fresh cheese, or some salmon or tuna.

TWV RECIPES SNACKS & SIDES *continued ...*

On-the-Runway Salad

NOTES: Fresh, organic salads are a great way to nourish and hydrate at the same time! Instead of lettuce, use a combination of healthy dark greens.

Use equal parts of raw Swiss chard, watercress, spinach and other greens

1 tomato, diced

1 cucumber, diced

1 celery stalk, diced

Shaved beets (helps to detoxify the liver)

1 carrot, peeled and diced (contains oleic acid to help prevent heart disease)

1 avocado, chunked (also contains oleic acid)

Hemp seeds and pine nuts, for garnish

TWV RECIPES

SNACKS & SIDES *continued ...*

On-the-Runway Salad Dressing

- ½ cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 2-4 tablespoons honey or other natural sweetener
- 1 tablespoon Dijon mustard
- ¼ teaspoon sea salt
- ¼ cup sun-dried tomatoes (they will soak up the dressing and taste delicious in your salad!)



On-the-Runway Salad Dressing (Serves 4)

Place all ingredients in a jar or bottle and shake well. For traveling, fill a small jar and keep it in a plastic bag. Be sure to shake well before using.



Oven-Baked Turkey or Beef Jerky (Makes about 1 pound)

Move your oven rack to the highest level, and cover the bottom of the oven with aluminum foil for drips. Preheat oven to 150 degrees. Arrange the meat strips across the racks and bake for 4 hours, or until dried to desired consistency.

TWV RECIPES SNACKS & SIDES *continued ...*

Oven-Baked Turkey or Beef Jerky

- 1 pound boneless, skinless turkey breast or organic London broil
- 4 tablespoons organic soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons brown sugar
- 1 teaspoon ground pepper
- $\frac{3}{4}$ teaspoon powdered ginger

Wrap meat in parchment paper and freeze for 1 to 2 hours, until it's firm but not completely frozen. When ready, use a sharp chef's knife to slice the meat into $\frac{1}{4}$ -inch strips.

Refrigerate for 24 hours.

Combine remaining ingredients in a large mixing bowl. Stir in meat slices and coat with marinade, then cover and refrigerate for at least 3 hours, stirring the meat a few times so it's evenly coated.



Voyager's Eggs
(Makes 4 to 6 eggs)

Drain, let cool and, when ready to travel, pack in a small, soft thermos bag or container. To eat, just peel, sprinkle with salt and pepper and enjoy!

TWV RECIPES

SNACKS & SIDES *continued ...*

Voyager's Eggs

4-6 eggs

Celtic or Himalayan salt

Freshly ground black pepper

Boil enough water in a saucepan to fully cover the eggs.

Remove pan from heat, add eggs and let sit for 8 minutes.



Zucchini Chips
(Makes about 2 dozen)

Put zucchini slices on cookie sheet and drizzle a bit of the seasoning onto each slice, rubbing it in with your fingers. Bake for 45 minutes, then turn off the oven and leave the zucchini chips in as it cools. Enjoy your nutrient-dense snack!

TWV RECIPES

SNACKS & SIDES *continued ...*

Zucchini Chips

1 zucchini, cut into ¼-inch slices
2 tablespoons olive oil
1 teaspoon curry powder
½ teaspoon sea salt

Preheat oven to 250 degrees. Line a cookie sheet with parchment paper and drizzle it with olive oil and rub it lightly to glaze the paper.

In a small bowl, mix olive oil, curry and sea salt.



Airplane Avocado Soup
(Serves 4)

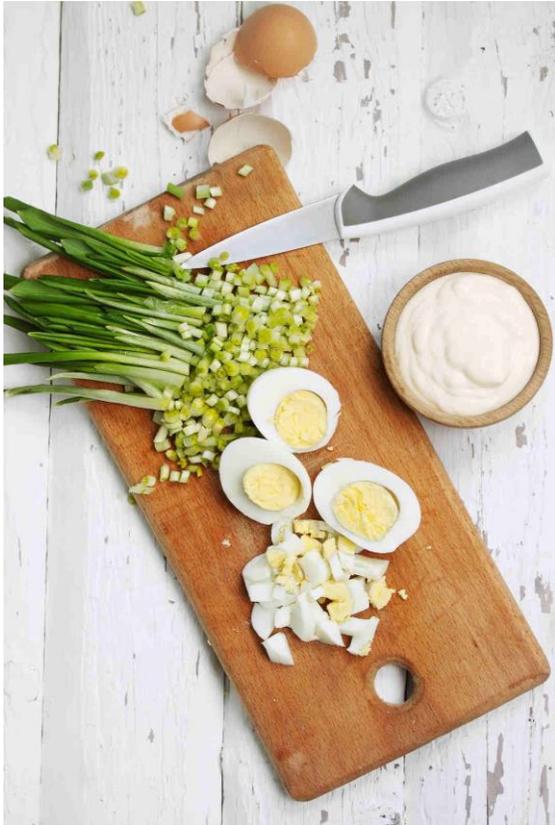
Place the cucumber, avocado, shallot, yogurt, mint, lime juice, cumin, salt, pepper and 1 cup cold water in a blender and combine until smooth. Chill for at least 1 hour. When ready to travel, pack in portable containers and store in your cooler.

TWV RECIPES

MAIN MEALS

Airplane Avocado Soup

- 1 /2 English (seedless) cucumber
- 1 avocado, peeled
- 1 shallot
- 2 tablespoons plain, organic yogurt
- 2 tablespoons fresh mint leaves
- 4 teaspoons lime juice
- ¼ teaspoon ground cumin
- Celtic or Himalayan salt, to taste
- Freshly ground black pepper, to taste



Energy Egg Salad
(Serves 4)

TWV RECIPES

MAIN MEALS *continued . . .*

Energy Egg Salad

- 6 hard-boiled eggs, peeled
- 1/4 cup homemade mayonnaise (see slide 37)
- 1/2 teaspoon lemon zest
- 1 1/2 teaspoons fresh lemon juice
- 1/3 cup finely diced celery
- 1/4 cup finely sliced scallions
- 1 teaspoon ground paprika
- Celtic or Himalayan salt
- Freshly ground black pepper

Combine all ingredients in a mixing bowl, cover and chill. Serve with bread or lettuce leaves for scooping.



Love these Corn Cakes (Serves 2-4)

Combine all ingredients in a bowl. Melt butter in frying pan and drop a spoonful of corn mixture into pan. Cook on one side for a minute or two, then flip and cook on the other side until done. Cool and place in a travelling container.

TWV RECIPES MAIN MEALS *continued . . .*

Love these Corn Cakes

NOTE: Make sure you use organic corn and cornmeal for these delicious patties that are perfect to pack for your travels.

- 2 cups non-GMO cornmeal
- 4 ears raw fresh corn, sliced off the cob
- 3 eggs
- 2-3 scallions
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- Green Chile, chopped (if you like spicy)



Sardines

I personally like Vital Choice® Wild Seafood and Organics. You can get access 24/7 online and delivered to you! Use this HCT savings link with [Vital Choice Seafoods](#). Enjoy reading my interview a transcript with the Founder, [Randy Hartnell here](#).

TWV RECIPES

MAIN MEALS *continued . . .*

Sardines

The safest DHA-rich food because of their size, are named after Sardinia, the Italian island where large schools of these fish were once found. Since they are so perishable, they are usually canned.

With growing concern over the health of our ocean, people are turning to sardines. They are at the bottom of the aquatic food chain and feed only on plankton, therefore, they do not contain heavy metals, such as mercury, and contaminants like other fish do. Buy the best quality you can.



Suitcase Salmon Salad (Serves 2)

Combine all ingredients in a mixing bowl, cover and chill. When ready to travel, place in portable container with fresh chopped vegetables to serve as an accompaniment.

TWV RECIPES MAIN MEALS *continued . . .*

Suitcase Salmon Salad

- 2 6.3-ounce cans Vital Choice® salmon ([order with discount link here](#))
- ½ small red onion, peeled and diced
- 1 cup small-diced celery (3 stalks)
- 1 ½ tablespoons capers
- 1 tablespoon fresh dill, minced
- 1 tablespoon seasoned rice vinegar
- 1 tablespoon extra-virgin olive oil
- ½ tablespoon honey
- Celtic or Himalayan salt, to taste
- Freshly ground black pepper, to taste



Traveling Homemade Mayo (Makes about 1 ½ cups)

Place all ingredients, except oil, in food processor. Process until well-blended, about 30 seconds. Using the attachment that allows you to add liquids drop by drop, add olive oil with the motor running. Taste and check seasoning. Keeps in the refrigerator for about 2 weeks.

TWV RECIPES MAIN MEALS *continued . . .*

Traveling Homemade Mayo

NOTE: Homemade mayo imparts valuable enzymes to sandwiches and other dishes and is very easy to make in a food processor.

1 egg, room temperature
1 egg yolk, room temperature
1 teaspoon Dijon mustard,
1 ½ tablespoons lemon juice
¾-1 cup extra-virgin olive oil



Tune-Up Tuna Salad
(Serves 2)

I personally like Vital Choice® Wild Seafood and Organics.

Use this HCT savings link with [Vital Choice Seafoods](#). Enjoy reading my interview a transcript with the Founder, [Randy Hartnell here](#).

TWV RECIPES

MAIN MEALS *continued . . .*

Tune-Up Tuna Salad

1 can [Vital Choice®](#) canned or package tuna with jalapenos ([use discount link](#))
1 tart apple, peeled and chopped
2 tablespoons Dijon mustard
Salt and pepper, to taste

Combine all ingredients in a mixing bowl until well combined. When ready to travel, pack in a portable container or prep as sandwiches on a hearty, thick bread, wrapped in wax paper.



Boogie Banana Bread (yields 1 loaf)

Combine all ingredients, except pecans, in a mixing bowl until well-blended. Stir in pecans.

Spoon batter into loaf pan and bake for 45 minutes or until a knife comes out clean. Cool on wire rack before slicing.

TWV RECIPES

SWEETS for HCTers

Boogie Banana Bread

- ¾ cup mashed bananas
- ⅓ cup coconut oil
- 2 eggs
- ½ cup water
- 1 teaspoon vanilla
- 2 cups organic flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 cup chopped pecans

Preheat oven to 350 degrees. Butter and flour a 9 x5 baking pan.



Suitcase Scones (2-4 servings)

Drop 7 or 8 spoonful's on baking sheet and, using your fingers, round each into a scone shape and flatten to about $\frac{3}{4}$ to an inch thick.

Bake for 20 minutes. Try your best to let them cool before eating!

TWV RECIPES

SWEETS for Healthy Travels *continued . . .*

Suitcase Scones

Note: You need a food processor to make these delicious traveling snacks.

- 3 $\frac{1}{2}$ cups almond meal
- 5 tablespoons arrowroot flour
- $\frac{1}{2}$ cup honey
- 4 tablespoons coconut milk
- 2 eggs
- 2 tablespoons white vinegar
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon sea salt
- 6 tablespoons coconut oil
- $\frac{1}{2}$ cup currants or dried blueberries
- $\frac{1}{4}$ cup crushed pecans

Preheat oven to 350 degrees. Grease a baking sheet.

Combine all ingredients, except pecans, in a food processor and combine well, then stir in the pecans.



Santa Fe Soul Cacao Balls
(Makes 2-4 servings)

Mix all ingredients except cacao nibs in a high-performance blender. Process until smooth but not oily. Mix in cacao nibs by hand. Roll into balls and chill to set. The perfect travel food!

TWV RECIPES

SWEETS for Healthy Travels *continued . . .*

Santa Fe Soul Cacao Balls

- ½ cup cashews
- ½ cup walnuts
- 2 tablespoons hemp seeds
- 2 tablespoons raw cacao powder
- 1 teaspoon ashwagandha
- 1 teaspoon astragalus
- 1 teaspoon coconut sugar
- ½ teaspoon cinnamon
- 2 tablespoons coconut oil
- 1 date
- 1-2 tablespoons cacao nibs



TWV RECIPES

SWEETS for Healthy Travels *continued . . .*

Tom's Paleo Chocolate Chip Cookies

Notes: The recipe for these delicious cookies comes from Tom, who's indispensable at [Santa Fe Soul](#), Center for Regenerative Medicine. If you make them before you leave on your trip, there may not be any leftovers to bring with you!

Tom's Paleo Chocolate Chip Cookies (Makes about 10 cookies)

Preheat oven to 350 degrees Grease a cookie sheet.

Combine all ingredients and mix thoroughly. Using a large spoon to form balls, scoop batter onto greased cookie sheet. Bake for 10-15 minutes.

- 1/2 cup chunky or smooth nut butter
- 1/2 cup almond or coconut flour
- 1/4 cup of almond or coconut milk
- 1/4 cup honey or maple syrup
- 1 egg
- 1 teaspoon vanilla
- 1 teaspoon baking powder
- 1 teaspoon sea salt
- 1/2 cup chopped walnuts or pecans
- 1/2 cup chocolate chips



TWV RECIPES

SWEETS for Healthy Travels continued . . .

Tom's Terrific Truffles

NOTE: Another wonderful recipe from Tom at [Santa Fe Soul](#) Center for Optimal Health.

Tom's Terrific Truffles (Makes 4 truffles)

Mix all ingredients to a paste-like consistency. Form into 4 balls the size of golf balls and roll into loose cacao powder. Let chill for 10 minutes. Serve at room temperature.

- 1 scoop [PurePaleoMeal®](#) Protein Powder
- 4 tablespoons cacao powder
- 1 tablespoon honey
- 2 tablespoons coconut oil
- 1 tablespoon warm water
- ½ teaspoon Celtic or Himalayan salt





Traveler's Teas

“Tea began as a medicine and grew into a beverage.”

~ Okakura Kakuzō,
The Book of Tea

TWV RECIPES

Healthy Travelers Teas

Tea can be a potent travel tool, helping to ease motion sickness, calm your nerves before a journey, and aid with digestion, which can help if you're in foreign countries eating spicy or unfamiliar foods. The art of making and drinking tea is an ancient, sacred ritual that is calming and peaceful, offering a wonderful way to start each day, especially when you're about to take a journey, or are in the midst of one.

Green tea is thought to be the most potent beverage on the planet. It's packed with antioxidants and nutrients and can help you fight disease and bacteria, promotes weight loss, improves brain function and so much more. Be sure to choose a quality green tea to get the best benefits.

Matcha, a fine powder green tea, has even stronger healthful properties than regular green tea, since it's so concentrated. You can find matcha tea in grocery stores and online.

Teas are so easy to make that once you try it, you'll never buy bagged teas from the store again. Here are a few recipes to get you started, and they're designed to keep you healthy and happy as you travel.



Chill Out Tea
(Makes about $\frac{3}{4}$ cup)

Combine all ingredients in a mixing bowl, then store in a glass jar. When ready to brew, boil 1 cup of water per person in a saucepan, then remove from heat and stir in 1 teaspoon of tea blend per 1 cup of water. Serve hot or chilled, with ice.

TWV RECIPES

Healthy Travelers Teas *continued . . .*

Chill Out Tea

Notes: This blend of herbs helps you relax, de-stress and even sleep. Try a cup before you go to bed, or when you need to unwind from your travel day.

- 1 tablespoon passionflower leaves
- 1 tablespoon chamomile
- 1 tablespoon lemon balm leaves
- 1 tablespoon hops flowers
- 1 tablespoon mint leaves
- Organic honey, to taste



Tonic Tea (Makes 2 cups)

In a medium saucepan, bring 2 cups water to a boil. Add peppermint, fennel, ginger and honey and let steep for 10 to 15 minutes.

TWV RECIPES

Healthy Travelers Teas *continued . . .*

Tonic Tea

Notes: Peppermint is good for digestion and ginger is good for nausea and stomach problems, making this the perfect tea to take on your travels. You can drink it hot or make a batch in advance and chill it, so you can enjoy refreshing iced tea while you're on the road.

- 2 teaspoons peppermint leaves
- 1/2 teaspoon fennel seeds
- 4 to 6 thin slices fresh ginger
- 1 to 2 teaspoons organic honey



Traveler's Delight (Makes about $\frac{3}{4}$ cup)

For iced tea, put 2 tablespoons of tea in a quart jar and cover with boiling water. Steep for 5 to 15 minutes, depending on desired strength, then strain and sweeten with stevia or organic honey. Place in a pitcher, add ice and top with cold water.

TWV RECIPES

Healthy Travelers Teas *continued . . .*

Traveler's Delight

Notes: This blend of chamomile and peppermint is both refreshing and calming. Enjoy it hot or iced, either way it's delicious and a good way to stay hydrated while traveling.

- 1 tablespoon chamomile leaves
- 1 tablespoon hibiscus flowers
- 2 tablespoons spearmint leaves
- $\frac{1}{4}$ tablespoon peppermint leaves
- $\frac{3}{4}$ tablespoon rose petals
- $\frac{3}{4}$ tablespoon lemon verbena

Mix all ingredients in a large bowl, then store in a glass jar.

To make hot tea, put 1 teaspoon of tea in 1 cup boiling water. Steep for 5 to 15 minutes, depending on desired strength, then strain and sweeten with stevia or organic honey.



Mood-Boosting Tea (Serves 1)

Boil 1 cup water. Place all ingredients in your Nutri-Bullet Blender (if you don't have this popular nutrition extractor, a regular blender will work, too). Blend to a frothy latte that is intensely good for you! Put this nectar in your thermos for a delicious, nutrient-dense drink to enjoy any time of day!

TWV RECIPES

Healthy Travelers Teas *continued . . .*

Mood-Boosting Tea

Notes: Five medicinal mushrooms synergize together to power you with antioxidants and immune-boosters galore! Organic Chaga, Cordyceps, Red Reishi, Maitake and Shiitake are blended with a touch of cinnamon to give you an amazing nutrient-dense latte.

- 1 teaspoon Mycomama Medicinal Mushroom Tea
(get access to Mushroom Mama teas here: [Mushroom Mama Teas](#))
- 1 teaspoon raw honey
- 1 teaspoon coconut oil
- A splash of cashew milk
- 1 teaspoon cacao butter (optional)



Additional First-Aid Kit Sources

Using your intuition is an essential part of being an HCT. Listen within to know if you or a fellow traveler is in danger and needs urgent medical care.

You can start building your first-aid kit with Thieves Oil from Young Living Essential Oils, which is anti-bacterial, anti-viral, and anti-infectious. It is specifically designed to boost immunity and support your body's natural defenses.

Here is an easy way to order directly, [available here](#), to buy your essential oils at cost. Remember, Lavender, Peppermint, Lemon, Oregano and Clove oil can be easily added to your Travelers First-Aid Kit.

Stay Connected with our Healthy Traveler Community!

If you enjoyed *The Healthy Traveler's First-Aid Kit* and you're now wondering is there more and ways to connect with like-minded healthy-travelers, right? Learn more about [Destination Regenerate](#) with Dr. Robyn Benson.



Robyn seen here enjoying one of her annual visits to *Encampment Wyoming - A Bar and Guest Ranch*.

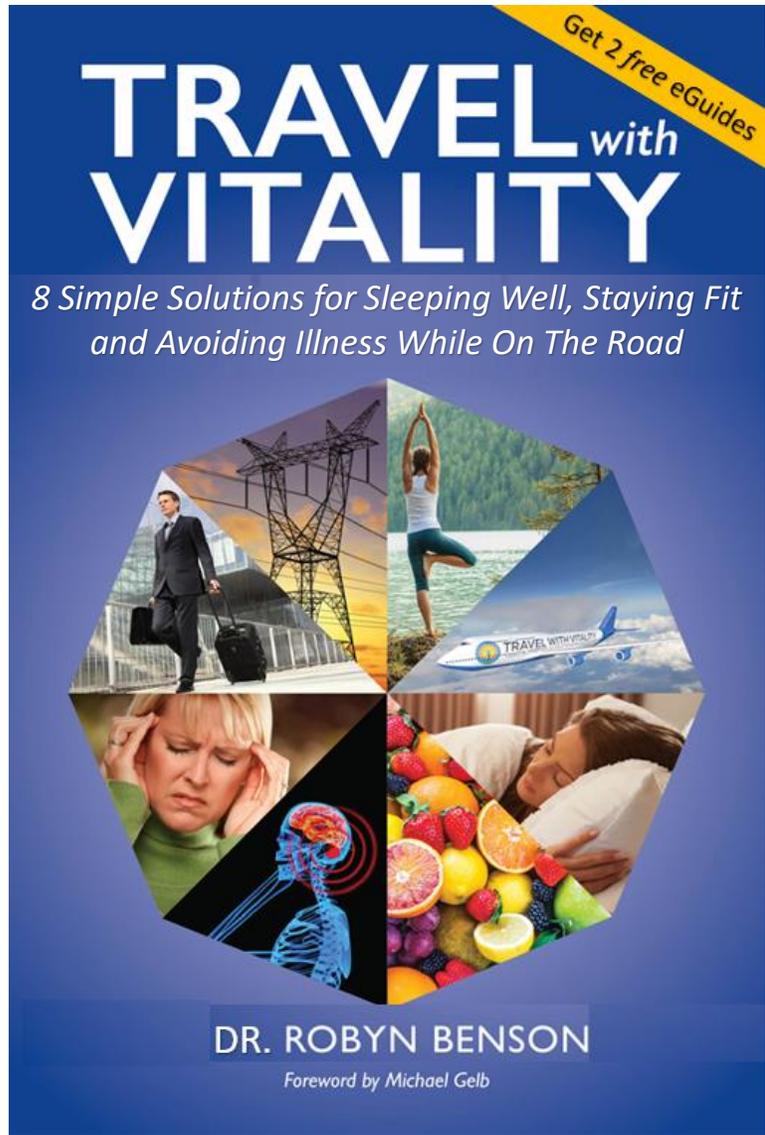
Destination Regenerate *and more . . .*

At [Santa Fe Soul Center for Regenerative Medicine](#), Dr. Benson offers an integrative approach that includes her pioneering program of Regenerative Medicine called [A.R.T.](#) (Amplified Regenerative Therapies).

To ensure that you thrive with healthy, youthful joints achieved with the A.R.T. PRP Joint Restoration, consider adopting a self-care lifestyle that includes a whole food diet, regular exercise, supplements, and self-love affirmations, as well as the other therapies and health services offered at [Santa Fe Soul Center for Regenerative Medicine](#).

You will learn an abundance of information about how to live a regenerative lifestyle with Dr. Benson's *free* minicourses to learn, "[The 5-REGENERative Therapies](#)" to grow younger naturally and "[The Benson Regenerative Protocol: The 7-Step Foundation to Regeneration](#)."

Discover Dr. Benson's signature programs *for men and women* when she gets you started. If you are ready to *amplify, regenerate, and transform into a new you*, please contact Dr. Benson's office for a free consultation today at: [505-986-1089](tel:505-986-1089).



Praises:

“A must-read for every traveler who has ever suffered through stress and sickness while on the road --- so essentially everyone.”

— Hyla Cass, MD

Author of Supplement Your Prescription: What Your Doctor Doesn't Know About Nutrition

“Let you favorite form of travel sustain you with the health solutions that Robyn provides.”

— C. Noman. MD, PhD

Author of Living Bliss and Life Beyond 100

“If you have not read this book, you are not ready for your next trip.”

— Dr. Nalini Chilkob

Founder of IntegrativeCancerAnswers.com



Travel the World *with* Total Body Freedom!

Are you ready to look and feel ten years younger? You can start growing younger naturally with Dr. Benson's [A.R.T.](#) (Amplified Regenerative Therapies).

Reset the healthy foundation of your body by identifying your food allergies and/or sensitivities and hormonal status and by finding what is deficient in your body. This process is discovered by taking Dr. Benson's [BioMarker Blueprint Test Kit](#).

With those results, we design a plan that optimizes your body, brain, and sexual wellness. A personalized VIP Day at [Santa Fe Soul Center for Regenerative Medicine](#) can give you a physical boost to jumpstart the next chapter in your life.

To secure a time to speak with a Regenerative Specialist, go to DestinationRegenerate.com/book and start growing younger naturally!