



# Healthy Travel Cooking: Ideas and Resources for Preparing Healthy Meals Away from Home

*Ellen Beeler*

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Healthy Travel Cooking: Ideas and Resources for Preparing Healthy Meals Away from Home includes planning techniques, packing tips, and quick and easy preparation ideas for preparing your own healthy meals on car trips, at motels or vacation rentals, and more. Includes tips for grocery shopping on the road, picnics, motel room meals, and business travel, with master lists of equipment, groceries, and meal ideas.

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