



*the*  
**VEGAN RESET**

**WEEK TWO: PRACTICAL  
DAY FOURTEEN:  
TRAVELING WHILE VEGAN**

# traveling while vegan

Traveling and eating out is all about being prepared! For instance, if you're going on a flight but don't want to spend exorbitant amounts of money on fruit and nuts at the airport, simply bring a few delicious options with you such as tangerines, apples, grapes, dried fruits, pretzels, peanuts, vegan trail mix, vegan popcorn or you can even prepare a vegan dish to bring on board like vegan cornbread, rice and beans, a sandwich, etc. This goes for road trips as well. It's easy to eat vegan while on the road, as long as you prepare in advance =)

Now that we've covered how to eat vegan on the way to your destination, let's cover how to find vegan options once you're there! Once again, preparation is everything. You'll easily be able to find vegan options anywhere in the world, it just takes some research! For instance, if you're taking a trip to a city or country you've never visited, google markets and restaurants in the area that have vegan options. If you're visiting a country and don't speak the native language, try to learn specific phrases or key words in advance such as "I am allergic to...", "I can't eat...", "No egg, milk, cheese, meat, animal, etc". That way, you'll be able to visit many places and properly communicate exactly what you're looking for so there aren't any mishaps due to hindered communication.

Lastly, if you're someone who prefers home cooked meals whether at home or on the road, always try to ensure the place you are staying at has a fridge and a stove. As a lot of hotels and motels do not have basic kitchen accessories such as stoves and sometimes even refrigerators, sometimes a simple hot plate and cooler are amazing investments that can suffice =)