

# TRAVEL IN THE RAW

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**A**fter learning about the raw food diet and seeing its incredible results, many people are concerned about how they can carry on eating living foods when they are away from home. This easy guide will give you the tools you need to make travel in the raw possible!

It is completely possible to continue eating raw foods no matter where you are or how long you plan to be away. For short trips you will need a cooler, and for longer trips you can even create a simple, inexpensive portable kitchen. Family, friends, business associates, and anyone who happens to be nearby

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when you open up your portable kitchen will be intrigued to watch you prepare delicious nourishment right before their eyes in only minutes. They will be fascinated and

filled with questions as you take out your containers and bags holding delicious fresh fruits and veggies, dehydrated goodies, and other treats to nourish body and spirit. You will be able to participate in all gatherings and feel perfectly comfortable. Here is all you need—

## Raw Foods Travel Bag and Picnic Supplies:

- One soft-sided cooler small enough to meet airline standards if you are traveling by plane.
- Spoon, knife, fork or chopsticks, and cloth napkins. (If traveling by plane, pack your metal knife and fork in your checked luggage, and



carry a small wooden knife and fork in your cooler. Some airlines will confiscate your chopsticks, so don't take your favorite pair.)

- Small, flexible plastic chopping mat.
- Wooden plate and/or bowl.
- Beverage container with watertight lid.
- One or more small containers for cereal or snacks.
- One small leak-proof container for salad dressing.
- One sealable container for salad.
- Sealable plastic bags to hold dried fruit, fresh fruit, and veggies.
- Hardy greens, like romaine lettuce, for salad.
- Apples (or other firm fruit with skin).
- Avocados.
- Nuts and dehydrated goodies.
- Favorite seasonings.
- Plastic bags for trash and compost.
- Place mat.



## Travel Bag for Longer Trips (in addition to the above):

- Tribest Personal Blender.
- Extension cord.
- Rubber spatula.
- Quick-dry washable table cover (a lightweight sarong works well and is versatile).
- Kitchen towel and sponge.
- Jar with lid for shaking dressings.
- Knives (6-8-inch chef knife, small paring knife, and/or serrated knife)
- Nut milk bag for sprouting seeds and straining nut milk.
- Plastic produce spinning bag for washing salad greens (a specialty item found at health food stores).
- Chlorine-free water for drinking and food prep (smoothies, soups, rinsing produce).
- Personal water filtration system. ♻️

