5 Tips for Healthy Eating on the Go

Busy lifestyles can make it difficult to find time to plan and prepare meals that not only taste good but also nourish your body.

Try these tips to help you eat healthy on the go:

1. **Make a plan.**
2. **Prep on the weekends.**
3. **Pack your lunch.**
4. **Keep an emergency stash.**
5. **Prepare more and dine out less.**

Want more?

Get more tips to help you eat healthy on the go at **PacificSource.com/healthyeating.**

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