

TRUCKER SERVICE ASSOCIATION

**LIVE HEALTHY
DRIVER HEALTH CAMPAIGN**

"MEALS ON THE ROAD"

March 2021

KUHLEFIT
RENEW YOUR VITALITY



MEALS ON THE ROAD

Hypertension, obesity, and diabetes are three of the main reasons drivers fail DOT physicals and lose their driving privileges. Each of these reasons are preventable with the simple changes described below.

Food has an intimate relationship with how we experience life. Because of this it's imperative to choose the healthiest foods whenever possible. The foods we consume can improve focus, energy, and alertness; all of which are vital to staying sharp on the road and avoiding accidents. Those same food choices could also bring about fatigue, drowsiness, and delayed reactions; none of which are wanted when driving large loads.

For that reason, this month is dedicated to choosing **QUALITY** meals that'll satisfy taste buds, mood, energy levels and most importantly the health of each driver. This month will be an extension of last month's recommendation for healthy snacks.

HOW TO NAVIGATE

Each page will be dedicated to a specific food or item needed to complete your meal. Every item will have a hyperlink attached to "Purchase Me!" for simplicity in purchasing the given product. All products listed are from my personal recommendations as they taste delicious and are healthier choices.

I recommend starting small with simple changes. There's no need to try and change your entire diet over night. Simple steps such as replacing a single meal with a healthier one listed below will prove monumental in the long-term.

Welcome to a new driving experience free of fatigue, cups of coffee, and barely staying awake. Embrace this new alertness, improved energy levels and a greater sense of mental clarity by starting with one new healthier meal per day.

All it takes it a 1% commitment each and every day.

A DAY SIMPLIFIED

Breakfast

- Overnight Oats
 - \$2.84 per breakfast

Lunch

- PB&J
 - \$2.50 per PB&J
- Deli Meat Sandwich
 - \$2.25 per sandwich

Supper

- Jar Salad
 - \$4.00 per salad

The best part about making these healthy substitutions is that once you buy the bread, meat, peanut butter, etc. those ingredients will provide numerous meals. For example \$25 dollars spent on ingredients for PB&J's will allow you to eat a minimum of 10 sandwiches. Making each meal equal to \$2.50. That's the same price as any **ONE** soda pop or candy bar at a truck stop. The decision is easy. Get healthy and save money is a no brainer.

ROAD MEALS

I'm providing the main ingredients to healthy meals. You may need to add a few ingredients to "complete" the meal. Each meal listed is easily created and takes up very little space and in many cases does not even require a cooler.

Again, try substituting one unhealthier meal for a healthier one listed below to start. Feel free to add fresh fruit and vegetables to any meal. Fruits and vegetables are a healthy choice with the added bonus of an extended shelf life.

Fresh fruit, vegetables, and nuts options.

- Apples, oranges, bananas, grapes, pears, etc
- Carrots, celery, jicama, bell peppers, etc.
- RAW: almonds, cashews, pistachios, macadamia, etc.

Breakfast

RX BAR

RX A.M. OATS



Cost

\$2.84 per serving

Flavors

Vanilla
Chocolate
Maple
Apple Cinnamon

Purchase Me!

DAVE'S KILLER BREAD

BREAD



Cost

\$4.95 per loaf



Flavors

21 Whole Grain
Good Seed
Thin Slices
+ Many More

Purchase Me!

ONCE AGAIN

NUT BUTTERS



Cost

\$0.52 per serving

Flavors

Peanut Butter
Almond Butter
Sunflow Butter
Cashew Butter
etc.

Purchase Me!

EDEN

APPLE BUTTER



Cost

\$0.43 per serving

Flavors

Apple Butter

Purchase Me!

Lunch

ORGANIFI

PROTEIN SHAKE



Cost

\$3.00 per serving

Flavors

Vanilla
Chocolate

Purchase Me!

APPLEGATE

DELI MEAT



Cost

\$1.43 per serving

Flavors

Oven Roasted Turkey Breast

Oven Roasted Chicken Breast

Black Forest Ham

Purchase Me!

Supper

WILD PLANET

CANNED FISH



Cost

\$3.68 per serving

Flavors

Mackerel
Sardines
Anchovies
Yellowtail

Purchase Me!

Supper

SIERRA NEVADA

GOAT CHEESE



Cost

\$8.75 per block

Flavors

Monterrey Jacques
Cheddar

Purchase Me!

SALAD ON-THE-GO

Ingredients

- Plastic ziplock bag or mason jar
- Reusable fork
- Lettuce
- Cucumbers
- Carrots
- Salad Dressing
- Canned fish
- Avocado

Cost

Approximately \$6.00 per meal

JAR
SALADS

52 happy, healthy
lunches to make
in advance

ALEXANDER HART



Instructions

Place pre-bought lettuce in a jar and store in cooler. When hungry, open fish and place into jar. Add avocado, salad dressing and any other ingredients (nuts, goat cheese, bell peppers, carrots, etc.). Enjoy a salad to go. Created in less than 2 minutes. Click on the picture to purchase Alexander Hart's book with many more recipes of jar salads.

Drink

EVERLY

HYDRATION POUCH



Cost

\$0.43 per serving

Flavors

Grape
Fruit Punch
Pomegranate Berry
etc.

Purchase Me!

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CREATED BY
NICK KUHLE
HOLISTIC HEALTH COACH
WWW.KUHLEFIT.COM

