**Lesson #5: Nutrition On The Go**

Nutrition on the Go.

Tracking macros is easy when you prepare your own meals, right? All you have to do is look at the nutrition facts and weigh out the food.

It gets more challenging when you're on the go. Most people resort to eating fast food and not tracking anything but this is an easily fixable mistake.

One key that I use to track macros on the go is to eat at chain restaurants most of the time. Chain restaurants are actually required to have nutritional information online. A quick Google search will tell you the macronutrients of any meal on the menu. Many restaurants that aren't considered healthy actually have macro friendly food options.

Take Whataburger for example. That's a burger joint here in Texas. You think it's an unhealthy burger joint, right? But they have a grilled chicken sandwich with no mayo that has 335 calories, only eight grams of fat, 30 grams of carbs and 29 grams of protein.

I found that just by taking two minutes to do a quick Google search. If you want to eat at a non-chain restaurant, you can still estimate the macros. What I do is order a dish that is similar to a dish served by a chain restaurant and then I use the macronutrients from the chain restaurant's dish. It won't be perfect but it is a lot better than not tracking at all.

Once you've been doing this for many, many years, you might get good at just eyeballing a dish and estimating macros that way. For now, I would go with these tips.

When you're traveling the hardest part is getting in enough protein.

Most restaurants will have foods that are packed with carbs, packed with fat, but protein is harder to come by. It's useful to carry around protein packed foods while you are on the go. Some portable protein packed foods that I like to carry around are beef jerky, protein bars, protein powder, and nuts.