

# TOOS TRAVELFIT

## Stay Fit While Traveling



### HEALTHY FOOD

To get the most out of your holiday or trip, you don't need to worry what you can have for dinner. We help you with the easiest and healthiest recipes! Every meal is ready within a few minutes!

### WORKOUTS

We have made full-body workouts without any equipment for you to keep on moving and to stay fit while being away from home and your gym!



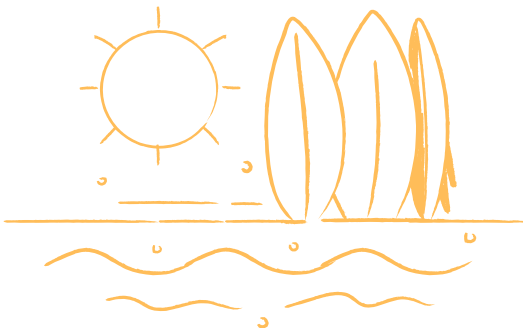
### LIVE THE LIFE YOU LOVE, LOVE THE LIFE YOU LIVE.

Enjoy and have fun with this E-book! Keep in touch with us on Instagram: [TOOS\\_TravelFit](#).



# Good Food, Good Mood

## 7 Healthy Meals



# Meal 1

## Wonderful Wraps

This dish is an amazing meal to eat as lunch or dinner and is ready in 15 minutes.

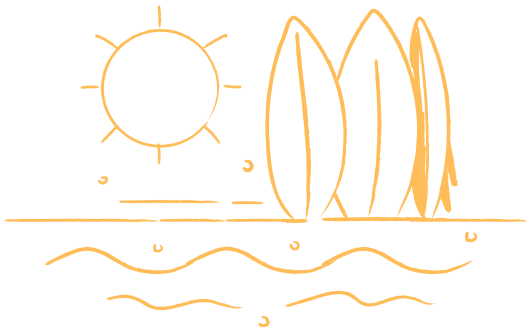
Groceries for 2:

**4 Wraps, 2 Tomato's, 1 Cucumber, 2 Avocado's, Mozzarella, Parsley and Garlic Sauce.**

Cut some tomato's, cucumber, avocado, mozzarella and parsley in small slices and put it in some wraps.

Then put it in a pan above a fire for a few minutes until the mozzarella has been melted.

Enjoy!



# Meal 2

## Beautiful Burgers

It's burger time... Vegan or meat, your choice! Ready in 15 minutes

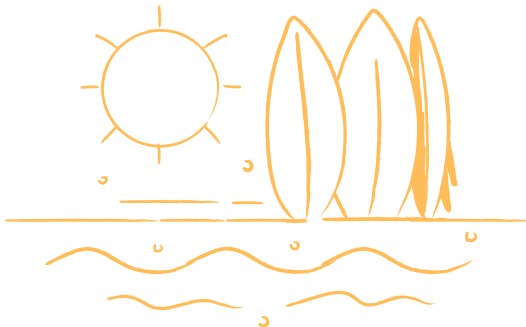
Groceries for 2:

**2 burgers (meat or veggie), 2 buns, 1 red onion, 1 avocado, 1 tomato and some lettuce.**

Get your burgers on top of the firepit and while you're baking, slice your onion, avocado and tomato into pieces. When the burger is ready, get your fresh buns and put everything in.

TIP: bake your onions in the burgerpan to get some great taste to it!

Enjoy!



# Meal 3

## Perfect Pancakes

This dish is a wonderful meal to eat as lunch or dinner and is ready in 15 minutes.

Groceries for 2:

**2 bananas, 2 eggs, a tablespoon of cinnamon, olive oil and honey.**

**Optional: Put some strawberries or berries on top.**

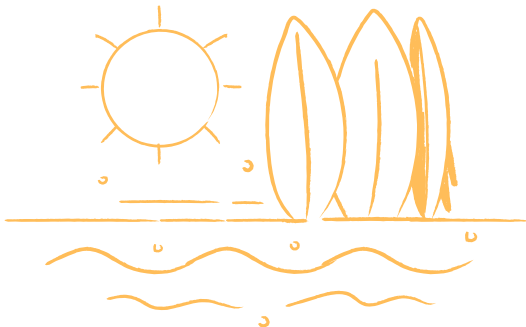
Cut the banana into pieces and add the eggs and cinnamon. Mash everything with a fork until it's a smooth mixture, this is your batter!

Then you're ready to bake the pancakes.

TIP; you can make the pancakes as big as you want.

As a finishing touch put some honey on top of the pancakes!

Enjoy!



# Meal 4

## Yummy Yogurt

This dish is a wonderful meal to eat as breakfast or lunch and is ready in 3 minutes.

Groceries for 2:

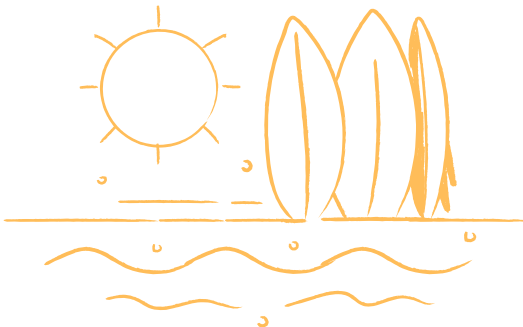
**Greek yogurt, oatmeal, fruit of your choice, raisins, linseed and honey.**

To make one yummy yogurt you put three spoons of oatmeal, 1 spoon of raisins, 1/2 spoon of linseed, 1 fruit by choice and 150g greek yogurt in a bowl. In the end put a little bit of honey on top and you're ready to have a lovely meal.

TIP: you can change the fruit

Fun fact: *Why is Greek yogurt healthy? It is rich in the important nutrients: proteins and fats*

Enjoy!



# Meal 5

## Classy Cracker

This dish is an wonderful meal to eat as breakfast or lunch and is ready in 5 minutes.

Groceries for 2:

**Crackers, hummus and cucumber**

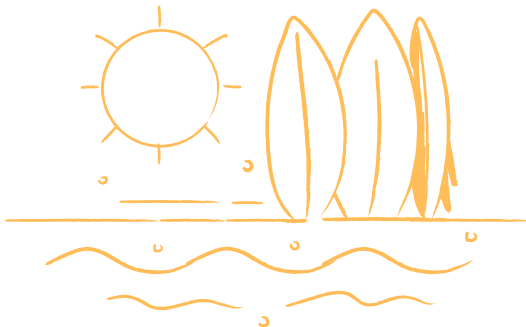
Take a cracker put a little bit of hummus on top and as finishing touch a view slices of cucumber and you got yourself a classy cracker.

Fun fact:

*There are many different crackers, only we recommend whole grain crackers, because they contain more fiber and therefore saturate better.*

*An advantage of crackers is that they contain less kcal than a sandwich.*

Enjoy!



# Meal 6

## Fantastic Falafel

Make the most delicious homemade falafel in 15 minutes.

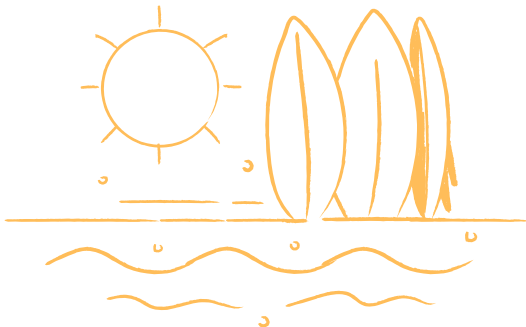
Groceries for 2:

**400g canned chickpeas (drained), 1 red onion, 4 kebab rolls, some lettuce, some oil and spices to your choice, such as salt, pepper and cumin.**

Mash the chickpeas, onion and spices into a mash and shape it into falafel balls. Then you can bake your falafel in some (coconut) oil. Put them into your kebab roll and top it off with some lettuce!

TIP: sweet chilli sauce with some plain yogurt to dip, mmmmm...

*Funfact: Chickpeas make a great source of protein, dietary fibre, vitamins and minerals, and they add a fantastic flavour and texture to your cooking*





# Meal 7

## Super Soup

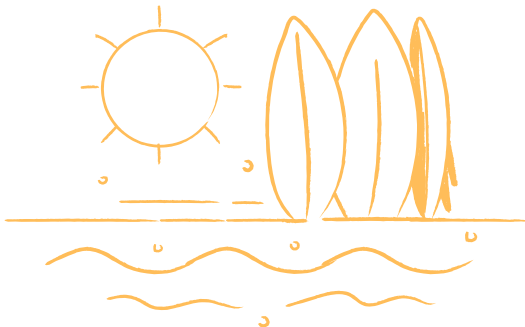
Soup to warm up on a cold day or to enjoy as a starter, anything is possible!

Groceries for 2:

**Chicken bouillon cubes, 1 carrot, 1 stalk celery and 1/2 onion. Optional: noodles.**

Fill a pan with water and add your bouillon cube, than heat it up! While it's getting hot, you can chop the veggies. When the bouillon is almost ready, add the veggies to the soup for the last 2 minutes. When adding it to early, the veggies get soaked up and lose their structure...

*Eating chicken soup somehow seems like the best idea when you have a cold, are sick with the flu or have a stomach bug. Chicken soup is actually a great source of nourishment, providing balanced nutrition and variety to one's diet. It's been proven to mediate inflammation and improve symptoms of respiratory infections as well as balance eating for a wide range of wonderful health benefits.*



# Meal 8

## Extraordinary Eggs

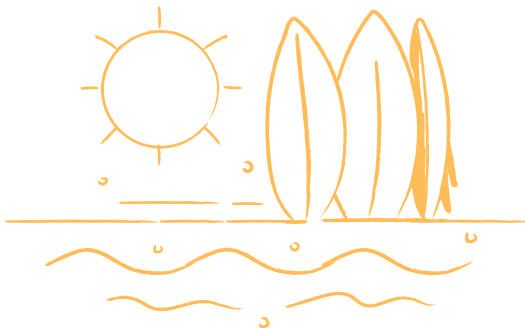
This dish is an amazing meal to eat as lunch and is ready in 10 minutes.

Groceries for 2:

**4 Eggs, 1 Avocado's, Arugula and Olive oil to bake the eggs.**

To make one extraordinary egg you put 2 eggs in a cup and mix it. Put some olive oil in the pan and add the eggs. In the meantime cut the avocado. When the eggs are ready you put it on a plate, and on top of the eggs you put the avocado and a little bit of arugula.

Tip: You can choose to put the eggs on a slice of bread.



# Meal 9

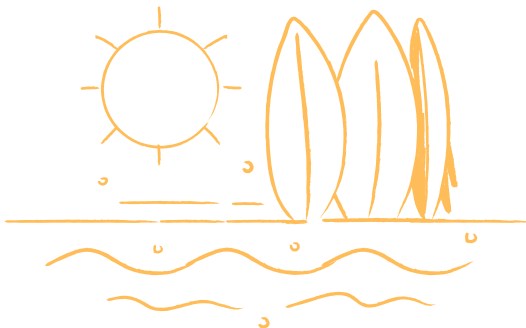
## Delicious Dessert

This dessert is delicious and ready in 2 minutes.

Groceries for 2:

**A few marshmallows, 1 bar of chocolate and plain biscuits...**

To make this dessert you need a fire (Real or gas). Put the marshmallow on a stick above the fire, until it's melted. Take it out and put it on a biscuit and you can eat it, mmmm!



# Meal 10

## Holy Quacamoly

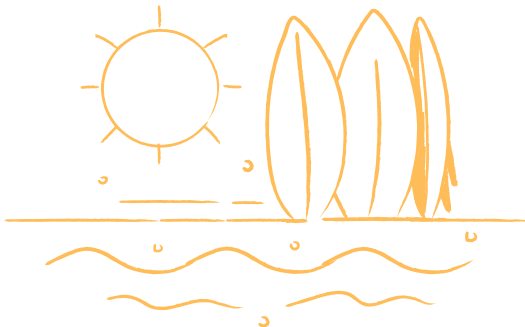
This dish is an amazing meal to eat as lunch and is ready in 5 minutes.

Groceries for 2:

**2 Avocado's, pepper and salt on the side and optionally some nachos.**

Mash your avocado into a smooth mixture and add some pepper and salt to spice it up. Optionally eat it with some nachos, or put it on your sandwich.

So easy, yet sooo good!



# Meal 11

## Rasta Pasta

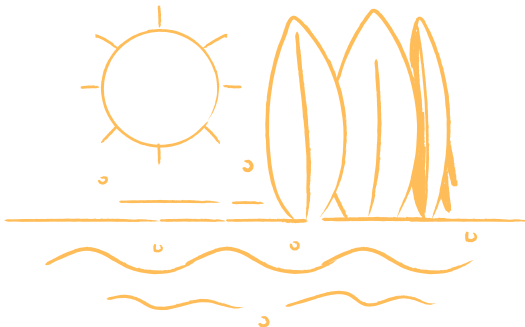
Rasta pasta is creamy pasta tossed with Caribbean style jerk chicken and sauteed bell peppers. It's creamy, rich, spicy, and full of flavor!

Groceries for 2:

**1 pound (450 grams) pasta, 2 chicken breasts, 2 tablespoons oil, 3 tablespoons jerk seasoning, 2 green peppers.**

Bake the chicken until it's done. While baking, you can cook the pasta in salted water according to the package instructions, take it out at "al dente" as you will cook it more in the next steps. Prep the veggies and add it to the pasta. After this, add the seasoning, cream and chicken.

Last but not least, add the parmesan cheese and cook/stir until this is melted into the sauce. Hmmm...



# Meal 12

## Sunrice

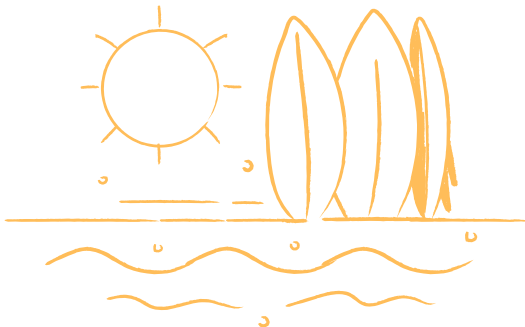
This dish is an amazing meal to eat as lunch and is ready in 5 minutes.

### Groceries for 2:

**Uncle ben's rice (flavour of choice), maize, green beans, green pepper, carrot.**

**Optional: pineapple**

Cook the maize, green beans, green pepper and carrots. Add the uncle ben's rice, cook it a little bit longer and you're ready to eat it.



# Meal 13

## Pokémon bowl

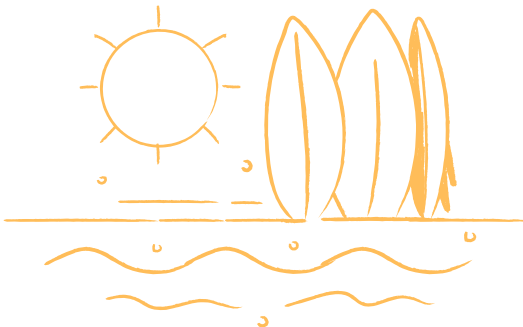
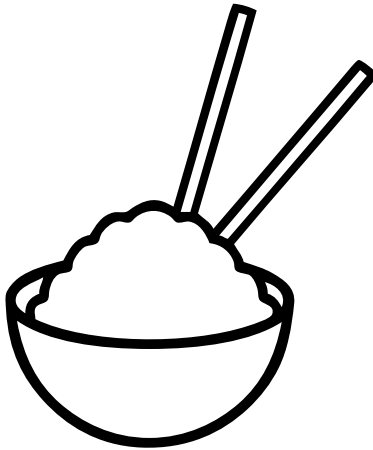
This dish is an amazing meal to eat as lunch or dinner and is ready in 15 minutes.

### Groceries for 2:

**150g Rice, 1 cucumber, 1 pomegranate, 1 mango, 1 avocado, 150g maize, soja sauce.**

Cook the rice, cut the cucumber, pomegranate, mango and avocado. Put a little bit of everything in a bowl.

Optional: A bit of soja sauce on top



# Meal 14

## Sexy Springroll

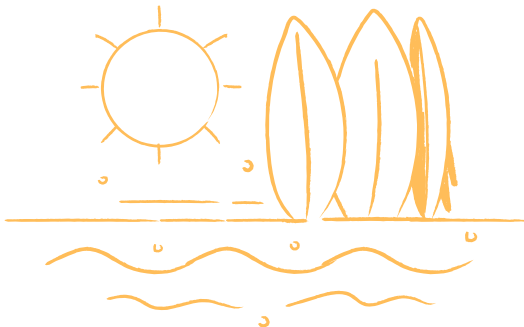
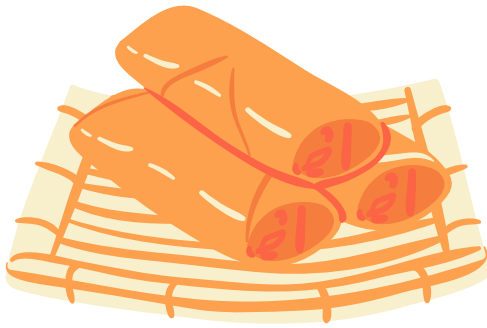
This dish is an amazing meal to eat as lunch or dinner and is ready in 15 minutes.

### Groceries for 2:

**1 package of Rice paper, 1 carrot, 1 lettuce, 6 mushroom, 100g beans sprouts, 1 onion, red pepper.**

Put the rice paper in boiled water, take it out and fold the greens inside. Serve with sweet chili sauce.

Optional: bake the greens before folding it inside.





# Work Hard, Play Hard

## 14 Fun Workouts



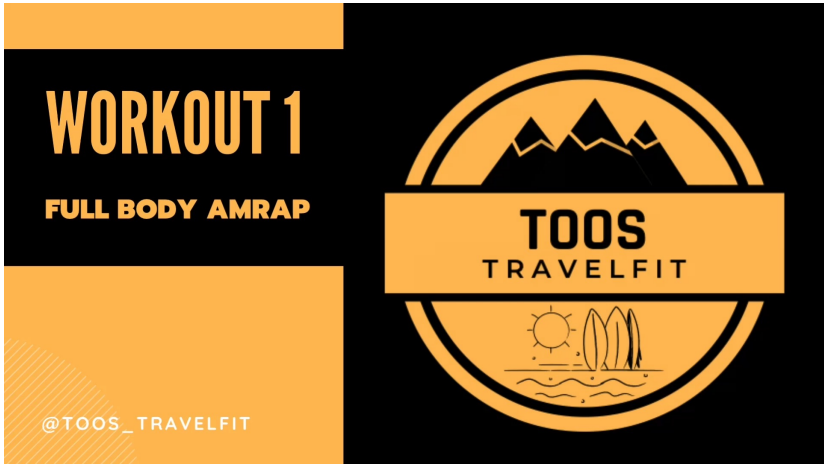
# Workout 1

## Full Body AMRAP - 12"

This is a full-body workout, which means you will use every big muscle group in your body. For this workout you don't need any equipment, just do it anywhere, anytime!

**As Many Rounds As Possible in 12 minutes**  
**AMRAP - 12"**

Lunche L/R - 6x/6x  
Push-up - 12x  
Hyperextension - 12x  
Sit-up - 12x



# Workout 2

## Ropeskip Workout 16"

This is a ropeskip workout, which means you will need a rope to do this workout. If you don't have one, no worries, just make jumping jacks instead.

Tip: Download the app SmartWOD Timer to make this workout much easier.  
Go to tabata, 20 rounds, 0,30 sec work and 0,20 sec rest

Workout :

Round 1 to 4: Basic jump

Round 5 to 8: Squat hold and Mountainclimber

Round 9 to 12: Freestyle jump

Round 13 to16: Jump lunge or lunge

Round 17 to 20: Skater jump



# Workout 3

## Full Body Tabata 4x

This is a full-body workout, which means you will use every big muscle group in your body. For this workout you don't need any equipment, just do it anywhere, anytime!

Tabata means 20 sec workout and 10 sec rest. This will continue for 8 rounds.

Tabata 1:

Jumping Jack  
Boxing in place

Tabata 2:

Easy burpee  
Air squat

Tabata 3:

Mountain climbers  
Splitsquat

Tabata 4:

Starjack  
Goodmornings

TIP: You can find Tabata remixes online, Youtube or Spotify!



# Workout 4

## Full body EMOM - 16"

This is a full-body workout, which means you will use every big muscle group in your body. For this workout you don't need any equipment, just do it anywhere, anytime!  
For this workout you need a bench, a chair or stairs.

### Every Minute On a Minute for 16 minutes EMOM - 16"

Jump Squat - 10x  
Tricep Dip - 5x  
Step ups - 6x (hardcore)  
Cross Crunch - 10x

TIP: Only do the step ups if you are really fast!



# Workout 5

## Full Body Boxing 20"

This is workout based on the sport of boxing, find your inner Muhammed Ali!

Part 1:

Music: Turn it up - Tabata mix  
Easy boxing / Side kick R/L

Part 2:

Music: We Will Rock You - Queen  
Jab / Cross / Hook

Part 3:

Music: Pepas - Farruko  
Low kick R - 10x  
Low kick L - 10x  
High kick R - 10x  
High kick L - 10x

Part 4:

Music: Rampage - Dimitri Vegas & Like Mike  
Jab, Cross, Hook, Jump kick



# Workout 6

## AB AMRAP - 12"

This is a workout to burn those calories in the belly area! Get these abs burning...

**AMRAP: As Many Rounds As Possible - 12".**

In this workout there are 4 different ab-exercises during 12 minutes, do as many rounds as possible...

Mountainclimbers - 12x  
CrossFit sit up - 12x  
Crunch kick - 12x  
Scissors - 12x



# Workout 7

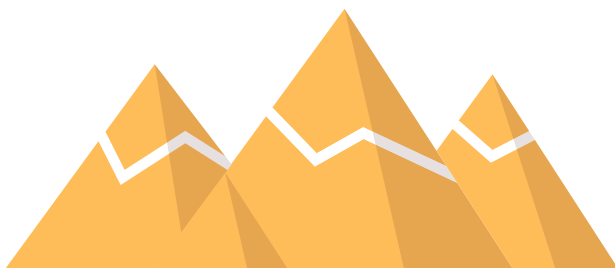
## Partner Workout

This is a full-body workout with a partner, which means you will use every big muscle group in your body. For this workout you don't need any equipment, just do it anywhere, anytime!

For this workout you need a partner and waterbottle or a ball.

**Every exercise you do 3 times for 30 sec, with 15 sec rest.**

Plank high five  
Sit up high five  
Squat Turn  
Leg twister





# Workout 8

## Lower Body AMRAP 14"

This is a lower body workout, which means you will use every big muscle group in your lower body. For this workout you only need 2 bottles of water or little weights.

**As Many Rounds As Possible in 14 minutes**  
**AMRAP - 14"**

Single leg deadlift - 7x / 7x  
Crunch leg raise - 14x  
Jump lunge (lunge) - 14x

Finish strong with a "easy burpee" ladder!  
12 - 11 - 10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1  
Get 30 seconds rest in between!



# Workout 9

## Partner Workout

This is a full-body workout with a partner, which means you will use every big muscle group in your body. For this workout you don't need any equipment, just do it anywhere, anytime! You only need a partner and waterbottle or a ball.

**Every exercise 10x for 6 rounds!**

Push up with high five - 10x

Squat and kick - 10x

Tap Toes - 10x



# Workout 10

## Upper body EMOM 8"

This is an upper body workout, which means you will use every big muscle group in your upper body. For this workout you don't need any equipment, just do it anywhere, anytime! It's a short workout to get your pump in no-time!

**Every Minute On a Minute for 8 minutes**  
**EMOM - 8"**

Squarestep - 4x  
Tight Push-up - 6x  
Sit-up - 12x



# Workout 11

## Lower body 10 rounds

This is a lower body workout, which means you will use every big muscle group in your lower body. For this workout you don't need any equipment, just do it anywhere, anytime! It's a short workout to get your pump in no-time!

### Workout for 10 rounds with 10 reps!

Mountainclimbers 10  
Jump squat 10  
Goodmorning 10



# Workout 12

## Best of Both

This is a full body workout, which means you will use every big muscle group in your full body. For this workout you don't need any equipment, just do it anywhere, anytime! It's a short workout to get your pump in no-time!

### **EMOM; Every Minute On a Minute for 6 minutes**

#### **EMOM - 6"**

Tricep dip - 7

Jumping Jack - 14

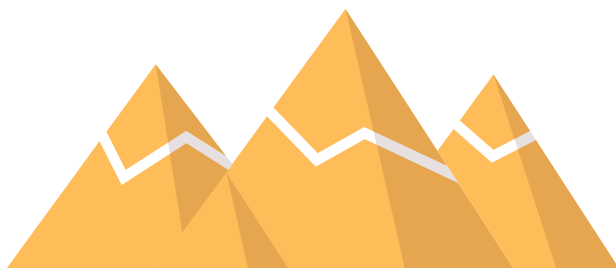
Plank knees to elbow - 14

### **AMRAP; As Many Rounds As Possible in 6 minutes**

#### **AMRAP - 6"**

Crab walk - 6

Push up - 6



# Workout 13

## Ladder workout

This is a full body workout, which means you will use every big muscle group in your body. For this workout you don't need any equipment, just do it anywhere, anytime!  
It's a short workout to get your pump in no-time!

**Ladder 4 exercise everything you do 16-14-12-10-8-6-4-2 times.**

*"That means the first round you make 16 lunge, 16 plank jump etc.  
second round you make 14 lunge etc.*

Lunge  
Plank Jump  
Skater Jumps  
Windmill



# Workout 14

## Full body EMOM 8"

This is an upper body workout, which means you will use every big muscle group in your upper body. For this workout you don't need any equipment, just do it anywhere, anytime! It's a short workout to get your pump in no-time!

**Every Minute On a Minute for 8 minutes**  
**EMOM - 8"**

Easy burpee - 5x  
Russian Twist - 20x  
Jumping Jack - 10x



***Be Happy and Smile :)***

