

Here are some example meal options that don't require cooking or heating. These are great options for your trip or simply anytime a stove or microwave isn't available

Pre-packaged salads

You'll have a ton of options depending on which store you are shopping at. Plenty of choices for types of proteins. Please pay attention to the salad dressings that are provided, that is where almost all your fat and calories will be coming from.



Packaged Tuna

Again, plenty of options for flavored tuna or stick with the basic plain pack and season to your desires. Mayo packets are an easy option for making a simple tuna salad. You can add these to a salad or have them with crackers or tortilla.



Tortillas

Much easier to pack than a loaf of bread but gives you the same options for meals.



Other packaged proteins

You can purchase packaged chicken or salmon. I'm sure there are other options, but these are the only ones I've experimented with so far.



We'll update this page as we find new products.

Check our site for recipes specific to the products listed here

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