

Calorie Count Recipes for Digital Nomads

A pretty, practical checklist for easy meals you can make in Airbnbs, hostels, hotel rooms, or busy travel weeks.

15 easy meals

Breakfast, lunch, dinner +
snacks

250-500 calories

Simple portion guidance

Minimal kitchen

No-cook and one-pot options

Daily Healthy Nomad Checklist

Use this page as your quick daily reminder. You do not need a perfect diet - just repeat a few simple habits that keep you full, focused, and on budget.

<input type="checkbox"/>	Drink water before your first coffee
<input type="checkbox"/>	Choose one protein source at breakfast
<input type="checkbox"/>	Add fruit or vegetables to at least two meals
<input type="checkbox"/>	Keep one easy snack in your bag
<input type="checkbox"/>	Eat one homemade or supermarket meal today
<input type="checkbox"/>	Avoid ordering the most expensive tourist-area meal
<input type="checkbox"/>	Stop working for 10 minutes and eat properly
<input type="checkbox"/>	Save one simple meal idea you can repeat tomorrow

Smart Travel Pantry

<input type="checkbox"/>	Oats or granola	<input type="checkbox"/>	Greek yogurt
<input type="checkbox"/>	Eggs	<input type="checkbox"/>	Rice cups or pasta
<input type="checkbox"/>	Canned tuna or chickpeas	<input type="checkbox"/>	Wraps or bread
<input type="checkbox"/>	Bananas/apples	<input type="checkbox"/>	Peanut butter
<input type="checkbox"/>	Hummus	<input type="checkbox"/>	Mixed nuts
<input type="checkbox"/>	Olive oil or lemon	<input type="checkbox"/>	Salt, pepper, chili flakes

NomadShe Tip: Pick 3 meals from this PDF and repeat them during busy work weeks. Repetition saves time, money, and decision stress.

15 Calorie Count Recipes: Quick Reference

Calories are estimates. Ingredients, brands, restaurant portions, and cooking oil can change the final number.

Recipe	Calories	Basic ingredients	Best for
Avocado Toast + Egg	~300	Bread, 1/2 avocado, 1 egg	Airbnb breakfast
Greek Yogurt Bowl	~250	Yogurt, fruit, honey	No-cook
Rice + Egg Bowl	~400	Rice, 2 eggs, soy sauce	Budget lunch
Tuna Salad Bowl	~350	Tuna, greens, lemon, oil	No-cook protein
Chicken Wrap	~350	Tortilla, chicken, veggies	Workday lunch
Banana + Peanut Butter	~250	Banana, 1 tbsp peanut butter	Fast snack
Potato + Egg Plate	~400	Potato, 2 eggs, spices	Budget dinner
Veggie + Hummus Plate	~300	Carrot, cucumber, hummus	Light meal
Pasta + Veggies	~500	Pasta, vegetables, oil	Long workday
Turkey Sandwich	~350	Bread, turkey, mustard	Travel day
Protein Smoothie	~300	Milk, banana, protein	Blender option
Eggs + Veggies	~300	Eggs, tomato, spinach	Quick breakfast
Chickpea Salad	~400	Chickpeas, lemon, spices	Plant-based
Apple + Nuts Box	~250	Apple, small nuts handful	Bag snack
One-Pot Soup	~350	Veg, broth, lentils/rice	Cold weather

3-Day Simple Meal Planner

Use this page when you arrive in a new city. Choose basic ingredients first, then build meals around them.

Day	Breakfast	Lunch	Dinner	Snack
Day 1				
Day 2				
Day 3				

Mini Grocery List

Proteins	
Carbs	
Fruit/Vegetables	
Snacks	
Extras	

Notes / Favorite Meals

For the full guide: Read the blog post on [NomadShe.com](https://nomadshe.com) and keep building a travel lifestyle that feels healthy, calm, and realistic.