

Calorie Count Recipes for Digital Nomads

A practical 2026 guide for easy meals you can make in Airbnbs,
hostels, apartments, or during busy travel weeks.

15 easy meals

Breakfast, lunch, dinner + snacks

250-500 calories

Estimated portions + protein

Minimal kitchen

No-cook and quick options

NomadShe.com

Save this PDF to your phone before your next travel day

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 help you stay fueled, focused, and on budget.

☐	Drink water regularly throughout the day
☐	Include a protein source at breakfast
☐	Add fruit or vegetables to at least two meals
☐	Keep one easy snack in your bag
☐	Choose one homemade or supermarket meal today
☐	Compare local grocery prices before buying in tourist areas
☐	Step away from work and give yourself time to eat
☐	Save one simple meal idea you can repeat tomorrow

Smart Travel Pantry

☐ Oats or granola	☐ Rice cups or pasta
☐ Eggs	☐ Wraps or bread
☐ Canned tuna or beans	☐ Peanut butter
☐ Bananas / apples	☐ Mixed nuts
☐ Greek yogurt	☐ Frozen / fresh vegetables
☐ Olive oil or lemon	☐ Salt, pepper, chili flakes

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

15 Calorie Count Recipes: Quick Reference

Nutrition note: Calories and protein are estimates and may vary depending on portion sizes, ingredient brands, cooking methods, and substitutions.

Recipe	Est. kcal	Protein	Prep	Best for
Travel-Day Oatmeal Bowl	~420	10-12 g	5-10 min	Breakfast
Low-Carb Chicken Salad	~400	35-40 g	10-15 min	Lunch
High-Protein Egg & Veggie Scramble	~300	~20 g	10 min	Breakfast / Lunch
Avocado & Egg Toast	~450	18-20 g	10 min	Breakfast / Brunch
Chicken & Rice Bowl	~500	35-40 g	15-20 min	Lunch / Dinner
Low-Carb Tuna Salad Bowl	~350	30-35 g	5-10 min	Lunch
Easy Chicken Wrap	~450	30-35 g	10-15 min	Lunch / Travel
Quick Tomato Pasta	~500	15-18 g	15-20 min	Dinner
Veggie Stir-Fry	~300	8-10 g	10-15 min	Light Dinner
Healthy Egg Fried Rice	~450	18-20 g	15 min	Lunch / Dinner
Greek Yogurt Protein Bowl	~300	~20 g	5 min	Breakfast / Snack
Peanut Butter Banana Sandwich	~400	13-15 g	5 min	Quick Meal
Low-Carb Veggie & Egg Salad	~300	15-18 g	10 min	Lunch
Grilled Chicken & Vegetables	~450	35-40 g	15-20 min	Dinner
Fruit & Nut Snack Bowl	~250	5-7 g	5 min	Snack

3-Day Simple Meal Planner

Use this page when you arrive in a new city. Choose a few basic ingredients first, then build simple 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: Visit [NomadShe.com](https://nomadshe.com)

Keep building a travel lifestyle that feels healthy, flexible, and realistic.