HOW TO FUEL ON THE ROAD

EMPYREAN HEATH & WELLNESS | HOTEL-ROOM MEAL & SHAKE GUIDE

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A) WHY IT MATTERS

The meal the home team provides won't always cover what you burn — especially on a back-to-back. A few extra prepped calories keep your tank full, speed up recovery, and set you up to bring your best in Game 2. It also means fewer $15 DoorDash orders — a $10–15 grocery stop covers days of food.



USB RECHARGEABLE BLENDER



MICROWAVE-SAFE MEAL BOXES

B) WHAT YOU NEED

- Portable USB blender (charge it the night before)
- Microwave-safe meal prep containers
- Room microwave or the hotel breakfast-area microwave
- Your room's mini-fridge to keep food fresh

C) MEALS & SHAKES

4 MICROWAVE MEALS

Loaded Baked Potato

Potato, shredded cheese, chicken or black beans, salsa/sour cream

Poke potato, microwave 5–8 min until soft. Split, top with cheese + protein, microwave 30–60 sec more.

Rice & Chicken Bowl

Microwave rice pouch, cooked chicken, frozen veg, cheese, BBQ/teriyaki sauce

Microwave rice + veg per package. Combine with chicken, cheese, sauce; heat 1 more min.

Cheesy Egg & Ham

2–3 eggs, splash of milk, cheese, deli ham, tortilla/bread

Whisk egg + milk in microwavable container (not a paper cup), microwave 60–90 sec, stir, 30–60 sec more. Add cheese + ham.

Burrito Bowl

Rice pouch, black beans, corn, cheese, salsa, sour cream/avocado

Microwave rice per package; heat beans + corn 2–3 min. Combine and top.

4 BLENDER SHAKES - ADD A SCOOP OF PROTEIN FOR EXTRA CALORIES

PB Banana Mass Shake

1.5 cups whole milk, 1 banana, 2 tbsp peanut butter, 1/2 cup oats, 1/2 cup Greek yogurt, 1 tbsp honey

Highest-calorie option — great before bed.

Choc PB Recovery Shake

1.5 cups chocolate milk, 1 banana, 2 tbsp peanut butter, handful of ice

Great post-training rehydration + calories.

Berry Oat Yogurt Shake

1 cup whole milk, 1 cup mixed berries, 1/2 cup Greek yogurt, 1/3 cup oats, 1 tbsp honey

Lighter, fruity — good AM option.

Vanilla Almond Power Shake

1.5 cups whole milk, 1 banana, 2 tbsp almond butter, 1/2 cup oats, 1 tsp vanilla, 1 tbsp honey

Nutty, calorie-dense alt to peanut butter.

D) SHOPPING CHECKLIST

Team up! Have each roommate throw in $10–$15 to a shared food pool and split a grocery run together — it stretches further than eating solo. As soon as you get to the hotel, look up the nearest supermarket or grocery store (Google Maps works great) so you know where to go and can shop before you settle in.

Produce & Dairy: bananas, frozen berries and/or mango, whole milk, chocolate milk, Greek yogurt, shredded cheese, eggs, deli ham/turkey

Protein & Pantry: pre-cooked/rotisserie chicken, canned tuna, peanut butter, almond butter, rolled oats, honey, cocoa powder, coconut flakes

Frozen & Quick-Heat: microwave rice pouches, frozen mixed vegetables, frozen peas, frozen corn, mac & cheese cups

Extras: tortillas, salsa, sour cream/avocado, BBQ or teriyaki sauce, potatoes, ice

E) HEALTH TIPS

- Wash your blender and boxes after every single use
- Always store leftovers in the fridge — never leave food out
- Label containers with the date so nothing goes bad unnoticed
- Don't overfill the blender — small motor, small batches
- Drink water alongside shakes, not instead of it
- Wash your hands before you start prepping

FUEL SMART. RECOVER FAST. SHOW UP READY FOR GAME 2.