

Ready-to-Eat Food Options for Hotel Stays

If you do not have a full kitchen suite, most hotels will at least provide a microwave and small refrigerator. **This is a partial list of suggested food choices that do not require a full kitchen to prepare. Remember, you may not have any take-out or restaurant prepared foods during your hotel stay, including anything from a hotel breakfast buffet or hotel restaurant.** Comprehensive post-transplant nutrition guidelines are in the *After Transplant* section of *Stem Cell Transplantation: An Information Guide for Patients and Caregivers*

Beverages:

- Bottled water (filtered/purified or distilled)
- Pasteurized milk and non-dairy milk
- Pasteurized juices
- Sports drinks
- Bottled protein drinks (Ensure/Boost, Orgain, Odwalla/Naked protein drinks, Carnation Instant Breakfast)
- Bottled coffee drinks or instant coffee
- Tea, bottled or made with commercial tea bags

Protein Foods:

- Canned meats/fish (tuna, chicken, salmon)
- Pre-packaged sandwich meats (heated until steaming in the microwave, about 10-15 seconds)
- Pasteurized cheeses
- Eggs (cooked in the microwave)
- Peanut butter or another roasted nut butter
- Roasted nuts
- Yogurt
- Cottage cheese, ricotta cheese
- Canned beans
- Hummus

Breads, Cereals, Rice, Pasta:

- Prepackaged breads, bagels, muffins, cakes, cookies, etc.
- Boxed hot or cold cereals (without raw nuts)
- Microwavable pasta, potatoes, rice
- Ramen noodles
- Packaged crackers and snack foods

Fruit and Vegetables:

- Canned fruits and vegetables
- Dried fruits
- All cooked fruits or vegetables
- Well-washed raw fruits and vegetables, except raw berries, broccoli, cauliflower and sprouts

Miscellaneous:

- Any frozen dinner or canned soup that can be microwaved

Meal Suggestions

Breakfast

- Hot or cold cereals
- Peanut butter toast
- Scrambled eggs (cooked in the microwave)
- Frozen breakfast sandwiches or burritos
- Yogurt

Lunch and Dinner

- Individual frozen pizza
- Any frozen meal (ex: Amy's, EVOL, Stouffers, Lean Cuisine, Hungry Man, etc.)
- Canned soups
- Tuna or chicken salad sandwich
- Peanut butter and jelly sandwich
- Deli sandwiches made with packaged deli meats & heated for 10-15 seconds in the microwave
- Microwavable pasta (ex: Easy Mac)
- Ramen Noodles
- Salads prepared in your hotel room

Snack Ideas

- Yogurt or cottage cheese
- Hummus with crackers or crackers
- Roasted nuts
- Cheese and crackers
- Apple and peanut butter
- Canned fruit cup
- Protein bars
- Bottle protein shake

Additional Items to have on hand:

- Can opener
- Sponge and dish soap
- Microwave-safe bowls and cups
- Plastic utensils, paper plates and cups
- Steam bags (ex: Ziploc Zip 'n Steam)
- Keurig or similar small coffee maker