

How a trucker lost 65 pounds by cooking vegan meals on the road

By Jordan Muto, [Today.com/food](https://www.today.com/food)

One man is proving that what seems like a trying task to most can be done with a little dedication -- and vegetables. We're talking about losing weight. Long haul Mississippi trucker Bobby Anderson realized that after 21 years on the job, it was time to reevaluate his lifestyle.

Spending about 14 hours a day, six days a week, behind a wheel, the sedentary lifestyle began to catch up with Anderson, a veteran Marine.

"I used to want to look like Arnold Schwarzenegger. And I ended up looking like Chris Farley," Anderson told TODAY.



Not surprisingly, along with the increasing mileage, the number on the scale started to increase as well for Anderson as he packed on the pounds. Truck stops, which are notorious for fast food options — typically a trucker's only choice for meals during long hours — left Anderson with little to no time to hit the gym, and the unhealthy lifestyle began to catch up with him.

However, over the past year, the 45-year-old decided to commit to changing. The result was a 65-pound and counting weight loss.

"My belly used to be right up here on the steering wheel. And now, I have room to breathe. And it's still going down," said Anderson.

So what did he do? It's simple: He cut out fast food. No more BBQ or hush puppies — Southern comfort food staples.

The biggest game changer was that he began cooking his own meals. He put himself on a restrictive diet, cutting out all meat, fish and dairy, and adding nutritious fruits and vegetables like avocados, potatoes and blueberries to create a well-balanced diet.

But how does he do it, being a nomad on the road?

It takes careful planning and a little bit of time on his day off. When he's not on the road, he preps his meals for the coming week.



Anderson's meals aren't boring even with such a restricted diet and lack of kitchen space. Instead, Anderson uses the truck's electrical power to his advantage and carries along a pressure cooker, waffle maker, hot plate, toaster and Nutribullet.



He makes dishes like vegetable stir-fry with peanut sauce, which has rice, cauliflower, broccoli, curry powder, dried parsley and pepper.



His meals are also quick to make since time of the essence for him. For example, the stir-fry takes 12 minutes.

"It's very exciting and every day is a different flavor," said Anderson about his meals.

Beyond the weight loss, Anderson's seen a transformation in his overall health.

"I don't take no antidepressants, anymore. No blood, no medicine at all and it's all doctor approved," explained Anderson, who is also now exercising again.

With such incredible results, Anderson decided to start a blog in hopes of creating a community of support and inspiration for others trying to do the same. He tracks his progress along with ideas for meals on his Plant-Fueled Trucker Facebook page and Instagram account.

So for all of us thinking we can't commit to a healthier lifestyle because we just don't have the time, Anderson proves anything is possible as long as you are determined.

Inspired by Anderson? Try his healthy spin on mac and cheese — minus the cheese.



Mac-and-no-cheese with Broccoli

Ingredients

1 serving brown rice noodles	3 tablespoons corn starch
1/2 cup broccoli florets	1 small roasted pepper
	2 tablespoons nutritional yeast
"NO-CHEESE"	1 tablespoon salt
1 1/2 cups cold water	1 tablespoon fresh lemon juice
1/4 cup canned cannellini beans	

Preparation

1. Cook brown rice noodles based on box instructions. Once cooked, drain and set aside.
2. Separately, mix "no-cheese" ingredients in nutri-bullet or blender.
3. Add "no-cheese" mixture to medium saucepan over low heat, stirring constantly with a wooden spoon until thickened.
4. Once the "no-cheese" has become a thick sauce, add in the cooked brown rice noodles. Finally, add in the broccoli florets.

Source: *Today.com/Food*