



## Traveling on Track

*Remember, while you're traveling/eating out it's important to keep your goals in the forefront of your mind. This is a lifestyle and each new experience where you are challenged with figuring out how to keep your momentum while moving toward your goals is a chance to learn and grow! Take advantage of the opportunity ☺*

### **Plan In Advance**

Account for what a day of eating may look like ahead of time. Choose a mix of foods that you are able to bring yourself, as well as some you may be eyeballing while out to eat or in a social setting.

### **Ask your hotel for a refrigerator**

They must provide you with this if you explain you have a medication that requires refrigeration, this way you can keep leftovers in there, or go to a local grocery store and grab some fresh fruit/veggies.

### **If you really want to avoid costs/eating out, invest in a small George foreman.**

I have done this before and brought it to a hotel. With this and a fridge you can essentially make fresh proteins on demand! You can cook eggs, chicken, fish, you name it. Get creative!

## **Option 1 - If you eat out at a restaurant**

*LOOK UP NUTRITIONAL INFORMATION* before ordering, then decide if you should eat whole, half, third, or what not. If the restaurant does not offer nutritional information, look up on MyFitnessPal a more common restaurant that has a **similar dish**! No it will not be 100% accurate, but that's not going to make a difference in the long run, remember...

## **DONE > PERFECT**

## **Opt 2 – Get comfortable being the person who asks for a specific order.**

Almost any restaurant will provide you with non-sautéed, baked options at your request. Simple meat with vegetables and a side salad is incredibly easy to request anywhere. Stop letting yourself convince you it's rude to be 'picky' – you deserve an enjoyable experience eating out without anxiety!

## **Easy Packable Foods for Travel/On-the-Go**

- quest bars/kind bars
- almonds/walnuts/pistachios/peanuts
- peanut butter/almond butter individual packets
- rice cakes
- protein powder
- oats (pre-bag mixed with cinnamon/stevia)
- pre-made protein pancakes
- tuna packets
- microwavable rice containers

**STAY HYDRATED** – drink more water than you think you need, carry an empty bottle with you on all flights and wherever you go, often when people travel they feel unusual hunger due to actually being dehydrated! **ESPECIALLY** if you're drinking more alcohol than usual – it is vital that you still drink your water, as well as EAT. **{{PRO TIP: Bring an empty canister with you through airport security and fill it up before your flight!}}**

## Travel Tricks

- Look up hotels in the area before you book to see which have kitchens. If you can, get one of these.
- If it is unclear on their website, call to ask if a hotel has a microwave and/or fridge in the room.
- If a hotel does not usually have a fridge in the room, it can sometimes be added.
- Alternatively, if a hotel does not have a fridge you can purchase an inexpensive Styrofoam cooler locally on arrival and keep it cold using ice from the hotel ice machine.
- If a hotel does not have a microwave in the room you can usually ask the kitchen to use theirs.
- Also look online prior to arrival to determine whether a hotel has a gym that meets your needs. If you're unsure, call or email to ask.
- Before you book, also look online to determine the locations of the closest grocery stores (and a gym if this is needed outside of your hotel).
- If driving, pack foods in a cooler and bring with you. You can load them into the hotel fridge upon arrival.
- If flying, precook meats in advance and freeze them. Or freeze whole meals (meat and carbs) in Ziploc bags and pack. Some report items staying frozen for up to 15 hours. Doing this negates the need for ice packs.
- Ice packs, if thawed so they contain liquid, will often need to be thrown out by security.
- Pack a cooler with you to take as carry-on so you can eat on the plane.
- Bring Tupperware with you and wash it in hotel sink upon arrival.
- Purchase Ziploc steam bags. Good for cooking vegetables in the microwave.

- If you don't want to bring a lot of food, you can ship it ahead of you to meet you at the hotel.
- If you have a kitchen, get grocery store/butcher to cut meat into proper portions.
- Most hotels have oatmeal and fruit as standard items at breakfast. Add eggs or a protein shake and you're good to go. (Obviously depending on what you actually have on your plan)
- When you arrive in town (or even before) call Applebee's, Chili's, Outback or similar. They will cook chicken breast and/or other meats and sell as a party platter. Often you can add some broccoli and orders of baked potatoes. Typically packaged in foil containers that can be stored in hotel fridge.