

TRAVEL TIPS

BY LEXI WRIGHT



A lot of these are dependent on having a fridge in your hotel or where you are staying but there is always the option to bring a cooler if you are driving.

Most of the time we were flying but the non negotiables for us for hotels were always

1. a Gym
2. a fridge
3. decent breakfast (not donuts and danishes).
4. Good beds! (sometimes this was a bit tough to tell but Hamptons and Holidays were always pretty reliable!)

Here are some of my top tips!

Food Tips

1

- Be prepared!
- Bring along your protein powder, protein bars, beef jerky and healthy snacks. Airports are the worst for good choices when it comes to quick healthy choices.
- Pack bagged protein (eg: chicken) on your flight and buy a salad at the airport to eat on the plane or give yourself time to eat before you board!
- Ask for a fridge in your room (diabetic card works every time if you have to ask for one) charm!

TRAVEL TIPS GROCERY STORE TRIP



- **Go to the grocery store when you get there & pick up**
- plastic utensils
- buy containers that are big enough to mix your salad up in
- oatmeal
- hard boiled pre-cooked eggs
- Greek Yogurt
- cottage cheese
- Bananas, apples and berries
- veggie trays depending on space in fridge or a couple packs of broccoli and carrots cut up (small bag size)
- small cheese package Babybells or the other bite size small options or cheese strings
- packaged salads that come with dressing (can always ditch dressing if high fat and buy your own low fat version)
- boxed spinach
- salad toppers (nuts, seeds)
- salad dressing in packs or bottles
- Cut up cooked meat that you can eat cold or deli meat
- canned tuna or the single serve tunas that open without can opener or Tuna & crackers pkg
- Peanut or almond butter or laughing cow cheese
- rice crackers or rice cakes
- Beef jerky, Almonds, Freybe Chicken Turkey sticks, Popcorn, protein bars are good options for snacks
- Milk or Core or Fairlife for shakes

TRAVEL TIPS



2

Water for hydration

- buy bottles and make sure you have enough cold for the next day

3

Eating out tips

- **Hotel breakfasts** - don't go hog wild on bread, bacon and the sausage. Eat eggs, oatmeal and fruits and lower calorie cereals with less sugar if available, top up with your fridge items like greek yogurt, protein shakes and berries.
- **Lunches** salads are a good option but ask for dressing on the side and extra protein.
- if you only have sandwich or burger options then keep that in mind and don't overeat carbs at breakfast and supper.
- Burgers try it without the bun it is actually pretty good with a lettuce wrap. Or have a double and eat the patties and throw away the bun!
- have a side salad instead of fries!
- ask for half the rice in bowls and double protein
- **Supper** eat as early as possible (not always easy)
- bypass the appetizers they are usually as much as your meal calories
- Make sure you have a big amount of calories left for supper as this will likely be the bigger meal of the day
- eat salad and vegetables with your meat instead of potatoes or fries or starch to avoid carb overload
- don't have that 3rd or 4th drink
- drink a glass of water between each alcoholic beverage
- share dessert with someone or bypass dessert altogether!

TRAVEL TIPS



4

How to Improvise

- use one of the containers for ice so you never have to worry about ice-packs (or buy small ice-packs to use if you prefer). You can also freeze water bottles
- take a flat fold able cooler bag or buy one at Target or Walmart
- take a small one cup blender with you to use or a shaker to have a protein shake each morning (with water or milk)

Limited equipment

- pickup a cheap blender or shaker cup (normally i put my protein powder in a bag in the shaker cup in my suitcase that way it takes up less space
- no microwave for oatmeal - no problem run adequate amount of water through the coffee maker with oatmeal in the cup or pot and then cover the pot with a book or lid so it cooks. Works like a charm!

5

Workout tips

- if you are not getting your steps in during the day take a quick 30-45 minute walk in the morning or utilize the gym hotel treadmill for steps if weather crappy
- walk up and down the halls of the hotel!
- Walk to your destinations instead of drive if it is not too far and you have the time!
- find a quick full body workout if you have no equipment do pushups, situps and squats!



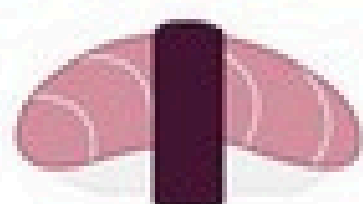
RESTAURANT CHEAT SHEET

ITALIAN



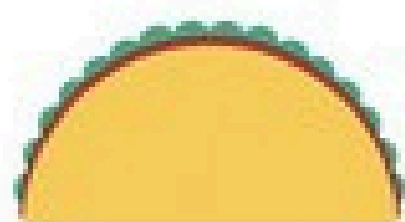
- For pizza, opt for thin crust, tomato sauces, and less cheese. Incorporate veggies and lean meats for your toppings, and avoid fattier options like pesto, bacon, salami, sausage, or extra cheese.
- For pasta, stick with tomato sauces over Alfredo or pesto and try to incorporate veggies and lean proteins like chicken or seafood.
- Salads can be great but watch for oily dressings!
- Skip the garlic bread since they have added butters and oils.

SUSHI



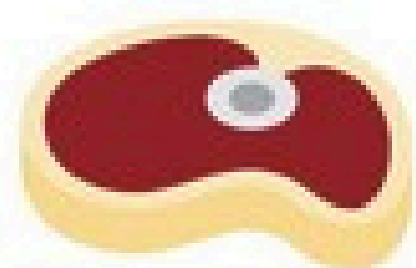
- Stick with lean proteins like tuna, yellowtail, and shrimp. Salmon and eel tend to be fattier, and we want to keep our fat macros in check.
- White rice isn't bad for you, but keep in mind that 1 roll contains about 1 cup of cooked rice (size of a closed fist).
- Sashimi and nigiri are more macro-friendly than rolls, which have a lot of extra macros through sauces and other toppings.
- Edamame is a great appetizer since it is a low-density food with both carbs and protein.
- Opt for ponzu or soy sauce over eel sauce, teriyaki, or spicy mayo.
- Skip the tempura since this is made with fried batter.

MEXICAN



- Stick with lean proteins like chicken breast, fish, or shrimp while avoiding high-fat proteins like beef and pork.
- Try and keep an eye on your carb portions by eyeballing single servings, like 1 cup of cooked rice, 1 flour tortilla, or 3 small corn tortillas.
- Incorporate extra veggies like bell peppers in fajitas or pico de gallo, and even black beans which are a good source of protein.
- Skip the extra cheese, sour cream, and refried beans!

STEAKHOUSE



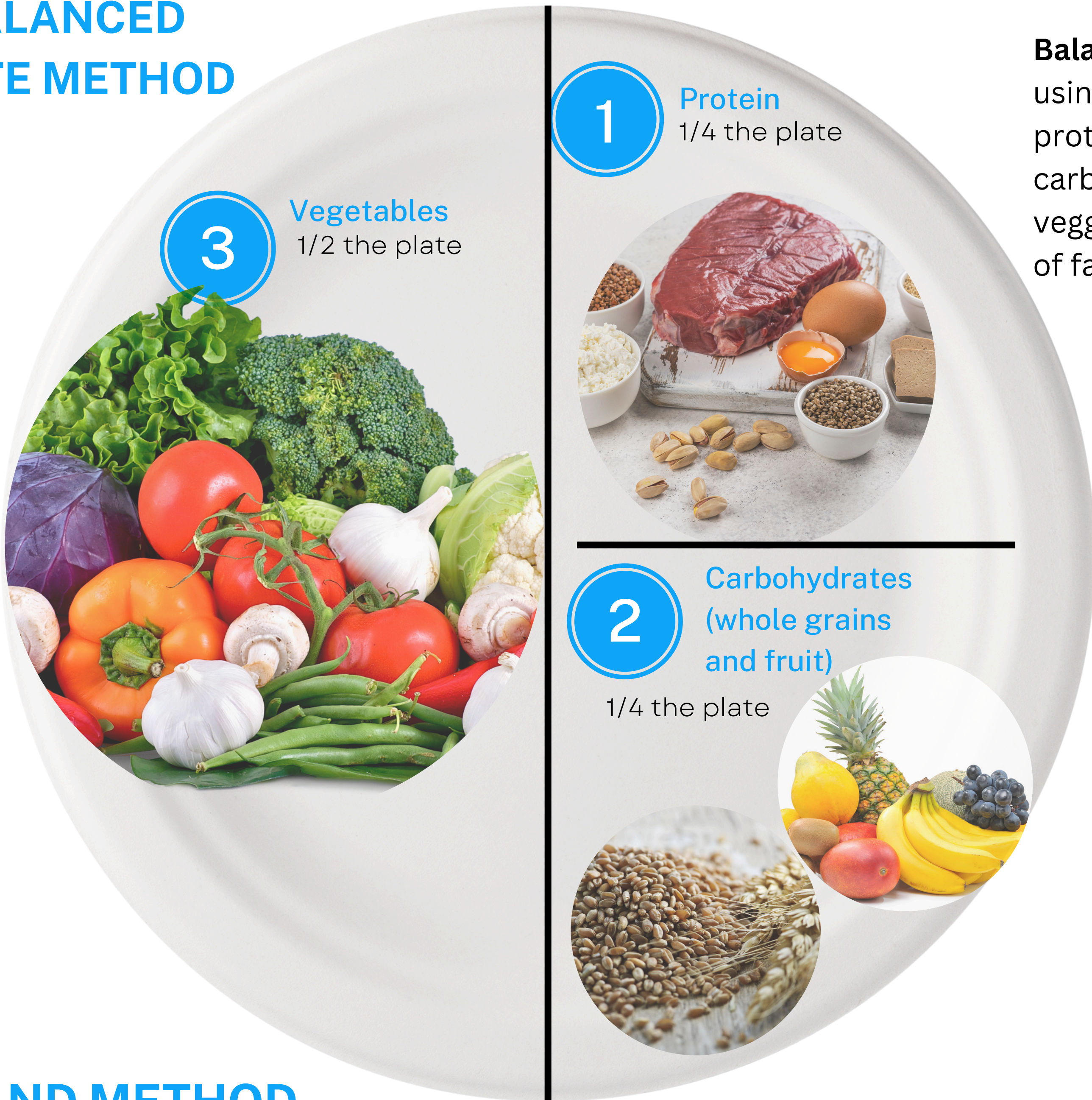
- Opt for lean cuts like top sirloin or filet mignon instead of T-bone, porterhouse, or rib eye which are fattier, marbled cuts. Remember that a standard 3-ounce serving is just the size of your palm.
- For sides, opt for steamed or grilled veggies, or a regular baked potato.
- Avoid fattier extras like fries and bacon since there will be a lot of fat in the main course already!

For accurate amounts for grocery stores, restaurants and common foods use

<https://www.nutritionix.com/database>

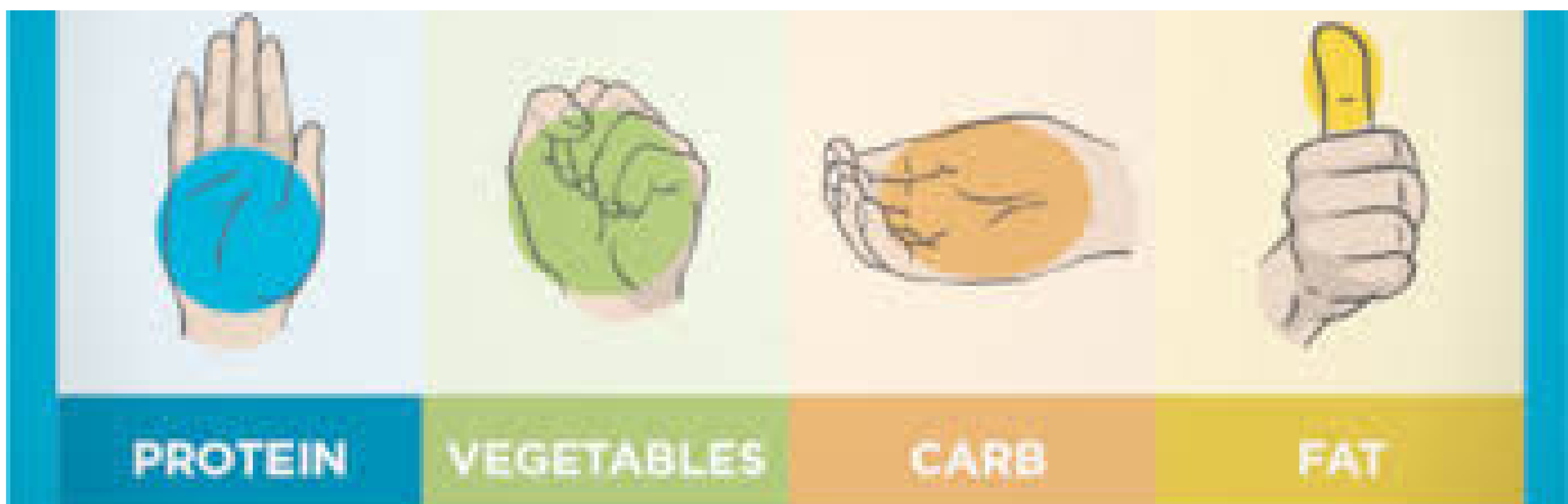
EATING OUT - 2 WAYS TO BUILD YOUR PLATE

BALANCED PLATE METHOD



Balanced plate - using the 1/4 protein, 1/4 carbs, 1/2 veggies, thumb of fat rule.

HAND METHOD



REMINDER: The following foods have a calorie density that might creep up and blow your macros wide open:
Nuts Cheese Dressing Breeding Skin Oil/butter White sauces Avocado / guac (omega 6s, in all their glory, can indeed make your calories way over)