

TRAVEL NUTRITION GUIDE

YOU DO NOT HAVE TO SELF-DESTRUCT ON VACATION!

HERE ARE SOME GUIDELINES TO HELP YOU.

RULE #1 - Track your food in MyFitnessPal or a similar app, it's a must. Guestimate on meals that do not have calories listed anywhere.

RULE #2 - Pair your food with protein. Do not eat fruit or carbs by itself.

RULE #3 - Plan your snacks! You have to be aware of how long you will be gone and arrange quick and portable options.

RULE #4 - Don't forget water. Drink half of your body weight in Ounces!

RULE #5 - Do not forget your fiber (All dark green vegetables). Too many people slack in this area on vacation. It will help you immensely to keep this up.

RULE #6 - Sugar is the enemy. Consuming desserts should be with a full meal and in moderation. Never by itself!

RULE #7 - 60-80% of consumed alcohol is converted by the liver into VLDL fat and deposited directly into your blood stream. If you choose to drink, don't forget protein. Also don't space alcohol across multiple hours, Choose a specific time to drink and stick to it. The earlier during the day the better. Think of Alcohol as your carb. So if you drink , omit the carb at that meal.

RULE #8 - Keep your dinner portions in check. If they do not have a healthy carb, omit it and look for lean white meat + veggies. Think "Lean and Green"

RULE #9 - Incorporating a fasting approach has worked for certain individuals. Skip breakfast and start your meals with lunch. This will allow you to stay in a calorie deficit easier (if that is your goal) and allow you more flexibility with your lunch and dinner from a caloric standpoint. Talk to your coach to see if this is the right approach for you.

RULE #10 - Stay active! Try for 10,000 steps a day. Take the stairs and ditch the elevator. Take walks and try to work out in some form while traveling!

And most importantly, enjoy yourself! Take these few simple rules with you, it will help you with structure but also allow you to have fun and not feel restricted. This is a lifestyle, after all. ;)