

Successful Travel Tips

The goal for our clients is flexibility and long-term sustainability including enjoying yourself while traveling. That said, before reaching maintenance and while in a reverse and/or a cut, specificity is important. The consistency of hitting your assigned numbers allows us to strategically work with your metabolism. Please always alert your coach if you have a planned vacation so that we can work together on timing of a reverse, cut, surplus or short term maintenance.

Here are some tips to help:

- 1 First, decide are you going to track with specificity and hit your numbers or are you going to stop tracking and simply be mindful. Please communicate your plan with your coach. Of course, tracking with specificity is ideal however we also want our clients to have flexibility and freedom.
- 2 **Stay Hydrated** - Being mindful of keeping your water intake up will help you while you are away as well as when you return. This will help with satiation, digestion, metabolism and more.
- 3 **Prioritize Protein**- Simply start each meal with protein. Make sure you prioritize it on your plate. If you think you might have a difficult time having access to it, make sure to pack some protein friendly, easy to grab snacks.
- 4 **Pre-Track** - If tracking with specificity, make sure to pre-track your day. If you plan to go out, look at the menu online and track what you might enjoy. It is way easier to fill in the remaining meals of your day to make it work! If you are staying at an all-inclusive you will have a good idea after your first day what will be available for food choices. Pre-track and then relax! Also, guessing is better than not tracking at all.
- 5 **Alcohol** - If you are drinking, especially more than usual during vacation, be extra sure to drink more water. Also, try to minimize additional fat in other food as we typically have you track your alcohol as fat. If you are tracking, here is a simple breakdown of how to do so: Total calories divided by 9 = fat to log. For example 2oz of Pendleton Whiskey is 128 calories. $128 / 9 = 14.2$ grams of fat to log. When logging as Misc. Fat (green checkmark) it will automatically log your calories too.
- 6 **Estimation Tracking Tips** - Please only use these when traveling if tracking as specificity when home is important:
 - 3oz of meat, fish or poultry = the palm of your hand
 - 1 cup = your fist
 - 1oz = the meaty part of your thumb
- 7 **Additional Tips** - A few things you might find helpful:
 - Enjoy your food but stick to the basics that you love. Sauces are often full of seed oils and tons of hidden fats. Ask for sauces or dressings on the side and if you are wanting to save calories you can use tasty vinegars, lemon juice and/or things like pico de gallo as toppers!
 - Travel days can be the hardest. Make sure to pack some easy things to keep you on track. Also, in airports stick to the basics. Even Starbucks has a quick grab protein box. Although we prefer whole foods, things like well balanced bars can be great on plane/car days!
 - If traveling for work (or play) and you want to have some good options on hand, stock up at the local Whole Foods, Costco, etc. You can use Insta Cart and/or Door Dash if you don't have a car too!
- 8 **Here are some easy grab and take foods that can help:**
 - Jerky
 - Nuts
 - Apples/Grapes
 - Balanced Protein Bars
 - Nut Butter Packs
 - Tuna Pouches
- 9 **Have Fun**