

5 STEPS TO A

FoolProof Travel Nutrition Plan

Are you stressing about how to maintain your good habits while you travel? Fear not! Follow these 5 steps to create your very own foolproof travel nutrition plan.

what type of travel are you doing?

The type of travel that you're doing makes a big difference in how you want or need to feel during your trip. If you are planning an active vacation where you'll be site-seeing or hiking, or a relaxed vacation where you'll be reclining and sedentary, you can plan nutrition accordingly. Perhaps you are traveling for work versus for pleasure, so you need to have a sharp mind and you can't turn your brain off for the week. Consider any physical and mental demands so it can shape your plan for nutrition.

In the space below, list any plans and responsibilities that will fall on your plate.

how do you want to feel while traveling?

Think about how you want to feel when you wake up in the morning during your travel experience on a spectrum. On one end is feeling puffy, tired, hung over, bloated, and generally not feeling great. On the other end is feeling lean, energized, wide awake, with no digestive issues and ready to tackle the day.

There is no right answer here! Certainly, there's a time and place to opt into one end of the spectrum over the other but, you have to decide the debt yourself. It comes back to mindfulness and understanding what you are agreeing to with this plan and admitting to how you want to feel while traveling. Your habits will fall in place when you make a clear line in the sand for how you want to feel.

In the space below, list some adjectives to describe how you'd like to feel while traveling.

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how do you want to feel after traveling?

Think forward to the return home. Are you coming back on a Sunday or Monday and jumping back into work? Are you coming back on a Friday and have a weekend to recover? Think forward to how you want to feel after your travel experience. Can you afford to be tired? Can you afford to skip workouts because you don't feel great or will that cause you to be more tired and feel more jet lagged? Can you afford to undereat or overeat your needs while traveling? Undereating might mean you're not as strong in the gym upon returning and overeating might mean you're delaying a fat loss goal.

Take some time to think about what you need when you return from traveling. Think about different aspects of your life including personal, family and professional responsibilities. In the space below, describe how you would like to feel in the days following your travel experience.

what are the health and nutrition habits that make you feel your absolute best?

In a perfect world, these would be health and nutrition non-negotiables - behaviors that, when you engage in regularly, make you feel like your body and mind are operating at full capacity. **In the space below, list at least 5 health and nutrition habits that are unique to you.**

Examples include:

- ▶ protein at breakfast
- ▶ eating by XX time in the morning
- ▶ vegetables at every meal
- ▶ drinking XX ounces of water per day
- ▶ sleeping XX hours per night, getting to sleep by XX time, sleeping in XX climate
- ▶ getting XX steps per day or per week
- ▶ limiting alcohol to XX drinks per day or per week, limiting alcohol to XX type
- ▶ tracking macros and hitting within 5 g +/- of targets every day
- ▶ lifting, running, or exercising in some capacity XX times per week

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which health and nutrition habits can you commit to during your upcoming travel experience?

Considering your answers to questions 1-4, review the health and nutrition habits that make you feel your best. Which habits are you able to commit to either fully, partially, or in some sort of revised way during your upcoming travel experience that will lead to your desired results?

This is going to look different if you're headed out of town for your best friend's bachelorette party vs. a major presentation with your coworkers. Be honest about what you can do, while leveraging how you want to feel.

In the space below, list at least 5 health and nutrition habits that you can commit to that will lead to the travel experience you want to have. These are usually a revised version of your answers in the previous question.

Examples include:

- ▶ eating a well rounded breakfast with an emphasis on protein, fruits and vegetables
- ▶ tracking only protein macro, nothing else
- ▶ limiting alcohol to XX drinks per trip, or limiting alcohol to XX type
- ▶ tracking all your food for accountability, but not tracking macros
- ▶ tracking all your food for accountability, but not tracking macros
- ▶ avoiding trigger foods, but not tracking macros
- ▶ verbalizing needs to travel companions, setting appropriate expectations and/or boundaries
- ▶ drinking protein shake or protein bar 1 time per day
- ▶ eating sizeable meals each day instead of snacking throughout the day
- ▶ getting to bed no later than XX time per night
- ▶ indulging in treats one time per day, or XX times per trip

Congratulations! You've just created a foolproof travel plan. The best part is there is no failing because you wrote the rules.