

*the ultimate*  
**TRAVEL GUIDE**



Your Guide for quick eats, smart snacks & travel tips to stay on track with your health goals.



## 3 HEALTH GOALS

# When Traveling

### GOAL ONE

#### **INTERMITTENT FASTING**

WHEN YOU'RE TRAVELING, YOU DON'T ALWAYS HAVE A LOT OF CONTROL WHERE YOU EAT, BUT YOU CAN TRY AND BE INTENTIONAL WHEN YOU EAT. CONTINUE TO FOLLOW A SCHEDULE FOR FASTING AND KEEP A DEDICATED FEEDING WINDOW.

### GOAL TWO

#### **WATER**

IT SEEMS SIMPLE, BUT KEEPING YOUR WATER INTAKE HIGH WHILE TRAVELING WILL HELP TO CURB CRAVINGS, KEEP SWELLING DOWN & KEEP YOUR OUTPUT (YOU KNOW, POOP) REGULAR.

### GOAL THREE

#### **STEPS**

CONTINUE TO AIM FOR A STEP GOAL OF 8-10K STEPS, EVEN WHEN TRAVELING. IF YOU CAN'T DO IT ALL AT ONCE, WORK IN A FEW SHORT 10 MINUTE WALKS EACH DAY TO LOG A LITTLE EXTRA MOVEMENT.

## TRAVEL GUIDE

# No Weight HIIT Workout

### DIRTY DIZEN HIIT TRAVEL WORKOUT

Complete all 12 exercises through, rest for 1 minute and complete again. Cool down & stretch after the second set.

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- 01 - 12 JUMP SQUATS
  - 02 - 12 BENT OVER REVERSE FLY
  - 03 - 12 BOX SQUATS (WITH OR WITHOUT WEIGHT)
  - 04 - 12 SKATERS (2 FOR 1)
  - 05 - 12 V-SIT WITH CROSS JAB
  - 06 - 12 PLANK JACK WITH SHOULDER TAP
  - 07 - 12 MOUNTAIN CLIMBERS (2 FOR 1)
  - 08 - 12 JUMP LUNGE
  - 09 - 12 PIKE PUSH UPS
  - 10 - 12 BICYCLE CRUNCHES
  - 11 - 12 SQUAT JACKS
  - 12 - 12 ROCK STAR JUMPS
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### FAVORITE TRAVEL WORKOUT GEAR

Cloth Booty Band  
Strength Resistance Bands  
Yoga Block  
Yoga Mat  
Sandbag



## TRAVEL TIPS FOR

# Eating Out Tips

01

### BROWSE THE MENU

CHECK OUT THE MENU ONLINE AHEAD OF TIME IF IT'S AVAILABLE. IF NOT, MAKE A GENERAL PLAN ABOUT PROTEIN, DRINKS, APPETIZERS, ETC.

02

### DON'T DRINK YOUR CALORIES

FOCUS ON DRINKING WATER AT MEAL TIME. IF YOU ARE GOING TO ENJOY AN ALCOHOLIC OR "FUN" BEVERAGE, SET A LIMIT BEFORE YOU EVER ARRIVE.

03

### WHEN IN DOUBT, ROUND UP

ACCOUNT FOR EXTRA FATS IN BUTTER OR COOKING OIL WHEN EATING OUT. EVEN IF MACROS ARE LISTED ON THE MENU, BEST PRACTICE IS TO ACCOUNT FOR THE EXTRA POSSIBLE FATS INTO YOUR MACRO TRACKING.

04

### FOCUS ON PROTEIN

IT'S SO TEMPTING TO CLEAR A PLATE OF APPETIZERS OR REDUCE THE BREAD BASKET TO CRUMBS, BUT PROTEIN IS YOUR BEST FRIEND WHEN EATING OUT. MAKE YOUR PROTEIN YOUR PRIORITY.

05

### ENJOY A MEAL OUT

WHEN YOU ARE ON A HEALTH JOURNEY AND TRACKING MACROS, YOU ARE ALWAYS LOOKING TO MAKE WHOLE FOOD CHOICES THAT FUEL YOUR BODY, BUT ALSO LEAVE ROOM FOR FUN & GIVE YOURSELF GRACE THAT IT WON'T BE TRACKED PERFECTLY. ENJOY THAT MEAL WITHOUT TOO MUCH PRESSURE.

# Fast Food Favorites

## CHICK-FIL-A

**LOW CARB:**

GRILLED COBB SALAD

**REGULAR MACRO:**

8 COUNT NUGGETS & FRUIT CUP



## CHIPOTLE

**LOW CARB:**

*STEAK SALAD WITH LIGHT BLACK BEANS, SALSA & GUAC*

**REGULAR MACRO:**

CHICKEN BURRITO BOWL; BROWN RICE



## STARBUCKS

**LOW CARB:**

SOUS VIDE EGG BITES

**REGULAR MACRO:**

SPINACH, FETA & EGG WHITE WRAP



## PANERA

**LOW CARB:**

GREEN GODDESS COBB SALAD W/ CHICKEN

**REGULAR MACRO:**

CHICKEN NOODLE SOUP & 1/2 NAPA ALMOND CHICKEN SALAD SANDWICH



# TRAVEL & MACRO-FRIENDLY

## Snack Ideas

FIVE MACRO-FRIENDLY SNACK IDEAS TO TAKE WITH YOU ON THE ROAD. THESE SNACKS ARE BALANCED WITH FATS, PROTEIN & CARBS TO KEEP YOU FUELED AS YOU TRAVEL.

1



2



3



4



5

