



## Know Your Location

Do a little research to see food establishments near the area you are traveling. Use the following as guidelines:

- Eat Fit Go, Evolve Paleo, or Muscle Maker Grill
- Build your own bowl at Chipotle, Qdoba, or Pancheros
- If you have to do fast food, choose grilled chicken!
- Refer to the "Restaurant Guide"

## Pack Your Meals

*Yes, this means bringing a cooler. It's worth it!*

- Frozen meals like MegaFit Meals or Trifecta
- Fresh meals from home
- Make yogurt parfaits that meet your snack macros
- Prepare snacks to pack (refer to "Snack Guide")
- Protein bars and shakes are quick and convenient when running from place to place

### Pro Tips for Traveling:

- ✓ Meal prep for travel just like you would for the week.
- ✓ Better, not best. When traveling, options are often limited. Realize you won't be perfect and choose the best of what's readily available.
- ✓ Don't forget to bring your water bottle and drink your recommended daily allowance of water!
- ✓ Eat before you get into the car and avoid snacking while driving. Chewing gum will help!
- ✓ Stick to your regular mealtimes as much as possible (eat every 3-4 hours).
- ✓ Protein tends to be the hardest macro to consume when traveling. Focus on finding lean protein sources first. Stay away from snacks that consist of only carbs and fat.



## Hotel Breakfast

Complimentary hotel breakfasts can be tricky and deceiving. There are so many options and temptations, but steer clear of high sugar and high fat options!

### Best Choices

when eating at hotels...

- **Choose Whole Food Options**  
Ex: Eggs, Oats with Fruit on Top (no sugar or syrups)
- **Avoid Foods Fried or Cooked in Oil**  
Ex: Breakfast Potatoes or Hash Browns, Bacon
- **Avoid Sugar & High Carb Foods**  
Ex: Pancakes, Donuts, Muffins, Pastries, Cereals, etc.
- **Consume the Healthy Options**  
Ex: Plain Greek Yogurt, Turkey Sausage, Whole Wheat Bread, English Muffin, Cheerios, etc.
- **Be Cautious of Beverages**  
Ex: Avoid Juices, No Cream or Sugar in Coffee

## Convenience Stores

If you get into a bind and need to grab a snack from a convenience store, look for these healthier options:

- Low Sodium Original Jerky
- Ready-To-Drink Protein Shakes
- Nuts: Pistachios or Almonds (plain)
- Wheat Thins or Triscuits
- Cheese Stick w/ Fruit and/or Meat
- Fresh Fruit
- Half Sandwich

### NOTE:

Always remember to eat protein, carbs, and fats together. This means you may need to do a combo of the options above.