



TRAVEL TIPS

Traveling on Track: Tips & Tricks



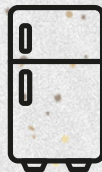
Remember, while you're traveling/eating out, it's important to keep your goals in the forefront of your mind. This is a lifestyle and each new experience where you are challenged with figuring out how to keep your momentum while moving toward your goals is a chance to learn and grow! Take advantage of the opportunity.

TIP #1

Plan in Advance

Account for what a day of eating may look like ahead of time. Choose a mix of foods that you are able to bring yourself, as well as some you may be eyeballing while out to eat or in a social setting.

Ask your Hotel for a Refrigerator



They must provide you with this if you explain you have a medication that requires refrigeration, this way you can keep leftovers in there, or go to a local grocery store and grab some fresh fruit/veggies.

Invest in a Small George Foreman



With this and a well-stocked fridge, you can easily whip up fresh plant-based proteins on demand! You can cook tofu, tempeh, seitan, or your favorite legumes. Get creative with your vegan protein sources!

TIP #2

Eating out at a Restaurant?



Look up Nutritional Information

Look up the nutritional information before ordering, and decide if you should eat the whole portion, half, or a third. If the restaurant doesn't provide nutritional info, use MyFitnessPal to find a similar dish from a more common restaurant! It might not be 100% accurate, but small differences won't impact your progress in the long run.



Get Comfy on Asking Orders

Get comfortable being the person who asks for a specific order. Almost any restaurant will provide you with non-sautéed, steamed, or baked plant-based options at your request. A simple dish with vegetables, grains, and a side salad is incredibly easy to request anywhere. Stop letting yourself think it's rude to be 'picky'—you deserve an enjoyable, stress-free dining experience that aligns with your choices!





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TIP #3

Stay Hydrated

Drink more water than you think you need, especially when traveling, as dehydration is often mistaken for hunger. During the challenge, avoid alcohol to maximize results. At other times, if drinking more alcohol, staying hydrated is crucial to counter its effects.

PRO TIP: Bring an empty bottle through airport security and fill it before your flight!



EASY PACKABLE FOODS FOR TRAVEL/ON-THE-GO



Lärabars / RX Bars
(plant-based options)



Almonds/Walnuts/
Pistachios/Peanuts



Peanut Butter/ Almond
Butter Individual Packets



Rice Cakes



Protein Powder



Oats (Pre-bag mixed
with cinnamon/stevia)



Pre-made Protein
Pancakes



Hummus
Packets with
Veggie Sticks



Microwavable
Rice Container





TRAVEL TRICKS

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TRICK 1



Look up hotels in the area before you book to see which have kitchens. If you can, get one of these.

TRICK 2



If it is unclear on their website, call to ask if the hotel has a microwave and/or fridge in the room.

TRICK 3



If a hotel does not usually have a fridge in the room, it can sometimes be added.

TRICK 4



Alternatively, if a hotel does not have a fridge you can purchase an inexpensive Styrofoam cooler locally on arrival and keep it cold using ice from the hotel ice machine.

TRICK 5



If a hotel does not have a microwave in the room you can usually ask the kitchen to use theirs.

TRICK 6



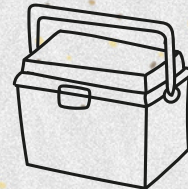
Also look online prior to arrival to determine whether a hotel has a gym that meets your needs. If you're unsure, call or email to ask.

TRICK 7



Before you book, also look online to determine the locations of the closest grocery stores (and a gym if this is needed outside of your hotel).

TRICK 8



If driving, pack foods in a cooler and bring with you. You can load them into the hotel fridge upon arrival.

TRICK 9



If flying, precook staple foods in advance and freeze them. You can also freeze whole meals (like grains and plant-based proteins) in reusable silicone bags. Some report items staying frozen for up to 15 hours, making this a great alternative to ice packs. This ensures you have nutritious meals ready while traveling!





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TRICK 10



Ice packs, if thawed so they contain liquid, will often need to be thrown out by security.

TRICK 11



Pack a cooler with you to take as carry-on so you can eat on the plane.

TRICK 12



Bring Tupperware with you and wash it in hotel sink upon arrival.

TRICK 13



Purchase Ziploc steam bags. Good for cooking vegetables in the microwave.

TRICK 14



If you don't want to bring a lot of food, you can ship it ahead of you to meet you at the hotel.

TRICK 15



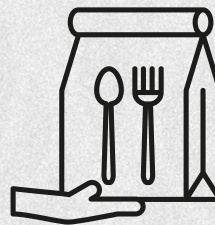
If you have a kitchen, ask the grocery store to pre-portion plant-based proteins, along with your veggies and grains, for easier meal prep.

TRICK 16



Most hotels offer oatmeal and fruit as standard breakfast options. Pair them with a plant-based protein shake, and you're all set! (Adjust based on your personal plan.)

TRICK 17



When you arrive in town (or even before), call restaurants like Applebee's, Chili's, or similar. They often offer party platters with plant-based options like grilled veggies, rice, or baked potatoes. You can request steamed broccoli and other sides, which are typically packaged in foil containers and can be stored in your hotel fridge.

