

# Travel Diet Tips





# Do your research



**.Look for a hotel room with a fridge and stove**

**.If you can't find a stove bring a small foreman grill with you**

**.If none of these are an option try and get a room with a microwave or mini fridge**

**.Find out if your hotel room has weights, many are poor gyms with little equipment**

**.If the gym is poor find a good one in the area and get a membership or pay per day**



# Plan ahead



**.Pack cooking supplies or just buy them upon arrival**

**.Pack protein powder because it will come in handy when you don't have time to cook**

**.Pack an insulated lunch bag and an icepack or two**

# During the flight

**.Stay away from the snacks given to you during the flight**

**.If the flight is longer than four hours and you absolutely must, order a meal or salad**



# After landing and checking in

**.Go to the grocery store and buy food**

**.Here is a list of great and easy to prep food**

- Rotisserie chicken**
- Microwaveable rice in a bag**
- Instant rice in a box**
- Regular instant oats**
- Sweet potatoes (can be microwaved)**
- Frozen veggies (no extra ingredients)**
- Grilled chicken breast**
- Shrimp platter**
- Pb2/peanut butter**
- Tuna/ chicken breast in can or packet**
- Water**
- Canned beans/legumes**
- Disposable eating utensils and containers**
- Cooked frozen shrimp (can be dethawed in some hot water)**
- Cooked frozen chicken breast (make sure nothing extra is added)**



# Final thoughts

- When you get back to the hotel room portion out a bunch of meals into containers. Put them in your fridge and you are ready to go!

