



**FUEL & FLOURISH:
Travel Guide for the
Woman on the Go**

A guide for busy women on staying healthy and focused on your goals while traveling for work, sports or even a girls getaway. The struggle of juggling a million things while traveling for these events, including eating out for multiple meals, can easily disrupt your daily routine and leave you feeling depleted. But don't worry, this guide will help you maintain your health and wellness while you show up for the reason you are travelling. Consider it a roadmap for adjusting your self-care routine to suit your travel needs, ensuring you stay energized and feeling your best self throughout your trip and especially once you return home.

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**IF YOU FAIL TO
PLAN, YOU ARE
PLANNING TO FAIL**

BENJAMIN FRANKLIN





HOTEL PREP AND NUTRITION ON THE GO

MAKING SMART FOOD CHOICES WHILE TRAVELING CAN HELP MAINTAIN ENERGY LEVELS, IMPROVE MOOD, AND SUPPORT OVERALL WELL-BEING

Ready to hit the road, but not sure what to pack in your suitcase nutrition wise? Here are a few tips for prepping for travel:

- Pop into a grocery store before checking into your hotel (or order online if it's available)
- Look for food that can squeeze into a teeny-tiny fridge and are good-to-go, like pre-cooked chicken, single servings of Greek yogurt, and salad kits.
- Don't forget about non-fridge-friendly snacks like crackers, tuna cans, and turkey jerky.
- Bring your own mini cooler to keep chillin' with you in your room (just fill up a ziplock bag with ice from the hotel).
- Get your protein fix by packing pre-measured bags of protein powder or grab a protein shake from the grocery store.
- Pack a few Tupperware containers for making meals like oatmeal and salad bowls, plus cutlery.
- And last but not least, don't forget to ask your hotel for a microwave and fridge in your room before checking in. Happy travels!

WHIP UP YOUR OWN YUMMY CREATIONS, PACK THEM WITH YOU AND TAKE CHARGE BY EATING AT YOUR ACCOMMODATIONS. NOT ONLY DO YOU GET TO KEEP AN EYE ON PORTION SIZES, BUT YOU CAN ALSO CHERRY-PICK THE INGREDIENTS FOR YOUR MEALS YOU KNOW THAT WILL LEAVE YOU FEELING YOUR BEST. PLAN A FEW NIGHTS OF DINING OUT AND A FEW NIGHTS OF STAYING IN. WHEN YOU VENTURE OUT FOR A MEAL, SCOUT OUT MENUS IN ADVANCE TO FIND SPOTS WITH PLENTY OF HEALTHY PICKS LIKE FLAVORFUL BOWLS AND JUICY ROTISSERIE CHICKEN.

HYDRATION



Water: our ultimate health elixir! Staying hydrated is key to keeping our mind and body in tip-top condition, but it's easy to let it slip when we're out of our usual routine. Not getting enough aqua can make us feel sluggish, foggy-headed, and even cranky. So, let's not forget to pack our trusty reusable water bottles, which can be refilled anywhere, making it easy to keep sipping throughout the day. For some tasty hydration, toss in some water enhancers or electrolyte packets. And don't forget, hotel rooms can be super dry, so gulp down a glass of water before hitting the hay and when you wake up to keep your hydration levels soaring!

SLEEP AND REST



Put your feet up and relax: A good dose of shut-eye can do wonders for your mood and energy levels the next day.

To make the most out of your trip, plan ahead by catching some early z's a few nights before you leave. Plan ahead for which nights you'll be out and about, and which ones you'll be hitting the sack. A balance of both is key to feeling your best. Don't forget to pack a cozy sleep mask and turn up the white noise with a trusty fan to drown out any hotel commotion. For some extra chill, consider a sleep app that can play soothing tunes like "CALM". And last but not least, give your brain a break and switch off all technology an hour before bedtime to help you drift off into dreamland.

EATING OUT



Don't let eating out derail your healthy eating habits! Next time you're dining out, keep these tips in your back pocket:

- Put your protein first and foremost on your plate, then give carbs a head nod and double up on veggies!
- Ask for your veggies to be steamed and politely request that your meats aren't bathed in oil or butter while being cooked.
- Dress your salad yourself with a squeeze of lemon or lime instead of letting them dress it. Always request dressing on the side and then add a small amount if desired.
- Dip into sauces on the side/ask for light sauce, so you're in control. Even pasta, veggies, and meats can come swimming in sauces!
- Choose your carb wisely, but don't be afraid to enjoy it! Will you take on the pre-dinner bread or potato?
- Sweet tooth calling? Share that dessert with your tablemates! A bite or two is usually more than enough to conquer those cravings.
- Feeling full? Ask for a take-out container early and pack up the rest before you're tempted to keep picking at your plate. Your future self will thank you!

NAVIGATING EVENTS



Social gathering events provide many opportunities to flex these skills and encourage others to join you

- Research restaurants that provide multiple healthy options and suggest them to others you are socializing with, or even take the reins and do the booking for the venue
- Navigate the buffet like a pro:
 - don't "save up" to over-eat at the buffet. Consume your meals leading up to the event as you normally would
 - walk around the table to scan all the offerings first, so you can make more informed decisions
 - build your plate around protein and veggies first
 - decide on your most desired carbohydrate and enjoy it. Will it be the bread or the potatoes?
 - Be cautious with the sauces meat will be "swimming" in to keep it moist, it's often laden with fats and sugars
- If bringing snacks to share with others, make yours the healthier ones and enjoy a little of all that is available, but prioritize yours first, knowing you will get your nutrients in
- Often others you are dining with would prefer to follow the same guidelines and will follow in your footsteps. Be a leader when it comes to navigating your wellness at these events, you'll be surprised how others join you.

LIMITING ALCOHOL



Cheers to a healthier you! Try these tips for keeping the party going while still cutting back on the booze:

- Plan ahead and decide on one night for a little fun where you will consume your alcohol. It doesn't have to be every night.
- Get creative with mocktails by asking for them without the sweetness.
- Sip on fancy water with a tangy twist by asking for sparkling water in a fancy glass and a garnish on the side.
- Swap every other drink for water or cut drinks with lots of water.
- Remember to guzzle extra water to stay quenched and refreshed. Party on!

SMART SNACKING



Don't let hunger pangs ruin your day!

- Pack some of your favourite snacks from home and stay on track with your munchies.
- Stash some protein bars in your bag for those "just in case" moments.
- Try to steer clear of processed snacks that can leave you feeling sluggish and grumpy. Instead, opt for fresh, wholesome snacks like chopped veggies, fruit, and leftover meats. You can even pack them in small tupperware containers to keep them handy.
- Snack like a pro and share with others, they're less likely to push you for the less optimal choices



MOVEMENT AND ACTIVITY

Traveling can be a real buzzkill for your workout routine. With jam-packed schedules and endless hours of sitting (hello tight hip flexors), it's easy to feel like you've got no time for movement. But, fear not! Even sneaking in small bursts of activity can work wonders for your mood and stress levels.

Here are some tips to help you prioritize your movement game:

- Treat your workout like a VIP meeting, something that can't be missed. Get your sweat on early to set the tone for a productive day.
- Don't have much time? No worries! Just 20 minutes of exercise can be a game-changer on a busy travel day. Get ahead of the game and plan which workout you'll do in advance, even loading it in an app if you have it. Time is often wasted scrolling through Youtube picking a workout.
- No gym? No problem! Pack some exercise bands for a quick hotel room workout. YouTube is jam-packed with options for speedy sweat sessions.
- Skip the elevator and take the stairs at your hotel. Take a stroll around the hallway, meeting spaces, or the arena to rack up extra steps.



BREAKFAST RECIPES

STARTING YOUR DAY WITH A BREAKFAST HIGH IN PROTEIN WILL KEEP YOU ENERGIZED AND SATIATED THROUGHOUT YOUR BUSY MORNING. HERE ARE SOME EASY BREAKFAST OPTIONS THAT CAN BE PREPPED IN YOUR HOTEL ROOM/EATEN ON THE GO.

- Boiled eggs, ham slices, slice of cheese on top of crunchy Melba toast
- Instant oatmeal jazzed up with a scoop of protein powder
- Protein waffles or pancakes topped with a slather of peanut butter or jam
- Home-baked protein muffins to get your engines revving
- Greek yogurt with a scoop of flavoured protein powder mixed in
- Slather peanut butter on slices of apple or banana, then wash it down with a protein shake
- Grab prepped egg bites and an English muffin, and voila delicious breakfast sandwich!

JAZZ UP THESE DELICIOUS OPTIONS WITH A PUNCH OF NUTRIENTS AND FIBER BY ADDING YOUR FAVORITE FRUITS!



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HEALTHY HABITS
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WHAT'S NEXT?

- Come hang out with me on Facebook! My group is packed with tons of tools and tips to get your health journey started.
- Check out my website for more free resources and loads of recipe packs
- Looking for some extra guidance? Ask me about my 1:1 Coaching Program to help you get started, stay on track and reach your strongest, healthiest self yet!