



Your ultimate guide to healthy air and land travel

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GENERAL TRAVEL TIPS:

Overall, **remember this:** You are able, willing, & deserve to make the effort for yourself.

Make a plan: where you are staying, how you are cooking, how often you can move/work out, look up menus ahead of time

Establish BAMs (Example: "I will start the day with 15 min of intentional movement." "I will drink 64oz water." "I will have a double serving of veggies at dinner.")

Focus on lean proteins and veggies on most of your meals so have a little bit of a buffer for that "fun meal" out, whether it's brunch or dinner.

Pack protein snacks (bars, powder, jerky, tuna packets) since this will be the hardest target to hit.

Consider having two bigger meals instead of 3 smaller meals if they're going to be a bit more indulgent (but make sure not to get TOO hungry).

Bring your own insulated water bottle (and a bottle of Mio if that's your thing). When you go into restaurants, fill it up with fresh ice to help you drink more water.

Small travel scales are easy to pack IF you will be gone for a long time and doing your own cooking.

Be flexible so you don't go down all-or-nothing road.

Upon return: make it easier on yourself by having clean clothes, filling the freezer with quick, goal supportive meals, ordering groceries on the way back, and making first day back as normal as possible.





ROAD TRIPS

GENERAL TIPS

Stay hydrated as well as you're able without having to stop every 15 minutes. If you don't like the taste of water, bring Mio or Crystal Light packs.

Keep yourself entertained so that you're not constantly thinking about food to wanting to snack: listen to an entertaining podcast or audiobook, group call replay, or EA Coaching training.

Keep food in the trunk so that you can't mindlessly snack the whole time

Stop as frequently as you're able to go to the bathroom, stretch your legs, and, if you're so inclined, do a quick bodyweight circuit to get your HR up for a few mins.

PACK YOUR OWN SNACKS

We know part of the fun of car rides is the food, but you'll probably be better served if you bring your own:

- cherry tomatoes
- berries (in a hard container)
- cut veggies with hummus or guac packs
- hard fruit
- protein bars (If they're chocolate based & it's hot, put them in a cooler)
- deli meat in a high fiber wrap
- string cheese
- Quest chips
- Premier Protein shake
- Pre-popped popcorn (SmartPop)
- Bada Bing roasted broad beans
- Jerky





ROAD TRIPS

GAS STATIONS

It's tough to stop at gas stations to use the bathroom and *not* buy anything. Even though the candy and chips are aplenty, there are actually a lot of more nutritious options available, too:

- Water
- Diet soda (if you're cool with that)
- hard boiled eggs
- gum
- fruit
- yogurt
- jerky
- individual bags of nuts (double check labels - calories add up really quickly)
- Quest chips/bars
- pre-made protein shakes
- Nut butter packets
- Starkist lunch to go packs (grab mustard & relish packets)
- Instant oatmeal (use their microwave)

FAST FOOD RESTAURANTS

No judgement from us if you choose to hit up a fast food restaurant while you're on the road. It's actually easier than you probably think to put together options that will work for your targets but it does require some intention.

Remember that most options are very high in sodium so you may see an uptick on the scale but a Big Mac or two isn't doing to undo all your hard work.

You know which places you're most likely to eat at so do some recon before your trip and find a couple of go-to options at those places.

Most websites will have the nutrition information listed and [fastfoodmacros.com](https://www.fastfoodmacros.com) is an excellent resource.





ROAD TRIPS

Google "[restaurant] nutrition info" (left) or go to fastfoodmacros.com (right)

Search results for "mcdonalds nutrition info".

Navigation: All, Images, Shopping, News, Videos, More, Settings, Tools.

About 5,070,000 results (0.57 seconds)

https://www.mcdonalds.com/en-us/about-our-food

[McDonald's Nutrition Calculator: Calories and More...](#)

Check out our Nutrition Calculator to find McDonald's calorie counts and nutrition facts for all of your favorite menu items.

Nutrition Calculator

Find McDonald's calories, carb and nutrition information on your favorite products using the nutrition calculator. *Percent Daily Values (DV) are based on a 2,000 calorie diet.

00 Calories, 00 Total Fat, 00 Carbohydrates, 00 Protein

Select From the Following Categories

- Beverages
- Breakfast
- Burgers
- Chicken and Sandwiches

Showing Nutrition for: 1 Item(s)

Big Mac®
Standard Ingredients
550 Cal.

550 Cal. (11%), 30g Total Fat (60% DV), 45g Carbohydrates (90% DV), 25g Protein (50% DV)

Saturated Fat: 11g (22% DV), Total Sugars: 9g (18% DV), Potassium: (0% DV)
 Dietary Fiber: 3g (6% DV), Iron: (23% DV), Sodium: 1910mg (44% DV)
 Calcium: (15% DV), Cholesterol: 80mg (16% DV)
 Trans Fat: 1g, Vitamin D: (0% DV)

Fast Food Macros

Restaurants

- Arby's
- Boston Market
- Burger King
- Chick-Fil-A
- Chipotle
- Culvers
- Dairy Queen
- Del Taco
- Domino's
- El Pollo Loco
- Firehouse Subs
- Five Guys
- Hardee's/Carl's Jr.
- In-N-Out
- Jack in the Box
- Jersey Mike's
- Jimmy John's
- Kentucky Fried Chicken
- Krystal Burger
- McDonald's
- Moe's
- Panda Express
- PDO
- Popeyes Chicken
- Potbelly
- Qdoba
- Quiznos
- Sonic Drive-In
- Starbucks
- Subway
- Taco Bell
- Tijuana Flats Burrito Builder
- Wendy's
- Whataburger
- YaYa's
- Zaxby's

Chick-Fil-A Fast Food Macros

Protein, fat, carbs and calories of Chick-Fil-A food

- Protein, Fat and Carbs are in grams (g), Sodium is in milligrams (mg)
- I tried to include "best option" items. [Contact me](#) if you want something added.
- Click column headers to reorder
- Hamburger no bun? Average bun = 130 calories, 23g carbs, 4.5g protein, 1.8g fat

Chick-Fil-A Specific Notes

- none

[Click Here to Set Your Location](#)

#	Item	Type	Protein	Fat	Carbs	Calories	Cal/Pro	Sodium
1	Asian Salad	Salad	29	13	24	330	11.4	1090
2	Bacon Puffer	Breakfast	21	34	52	610	29.4	1660
3	Chicken Biscuit	Breakfast	16	20	48	440	27.5	1210
4	Chicken Breakfast Burrito	Breakfast	26	20	43	460	17.7	1030
5	Chicken Deluxe	Chicken	32	25	43	500	15.6	1640
6	Chicken Nugget, 6	Chicken	21	10	7	200	9.5	750
7	Chicken Platter	Breakfast	30	37	58	680	22.7	1920
8	Chicken, Egg and Cheese bagel	Breakfast	27	20	48	480	17.8	1040
9	Chick-n-Minis	Breakfast	20	14	40	370	18.5	900
10	Chick-n-Strips, 4	Chicken	43	24	21	470	10.9	1320
11	Cobb Salad no dressing	Salad	40	27	27	500	12.5	1360
12	Grilled Chicken Club	Chicken	38	14	41	440	11.6	1030
13	Grilled Chicken Club Sandwich	Chicken	38	14	41	440	11.6	1030
14	Grilled Chicken Cool Wrap	Chicken	36	13	30	340	9.4	900
15	Grilled Chicken Sandwich	Chicken	30	5	40	320	10.7	800
16	Grilled Market Salad	Chicken	23	5	17	200	8.7	570
17	Grilled Market Salad	Salad	26	14	26	320	12.3	800
18	Grilled Nuggets, 6	Chicken	17	3	3	100	5.9	400
19	Grilled Nuggets, 8	Chicken	23	3	4	140	6.1	530
20	Light Balsamic Vinaigrette	Sauce, Dressing, Salsa	0	4	10	80	0	360
21	Light Italian Dressing	Sauce, Dressing, Salsa	0	2	3	25	0	470
22	Chick-Fil-A-Macros{F	Breakfast	28	54	52	810	28.9	1850

Macro Totals				
Protein	Fat	Carbs	Calories	Sodium
29.0g	13.0g	24.0g	330	1,090mg
Macro Percentages				
Protein	Fat	Carbs		
35.2%	35.5%	29.1%		



HOTEL & AIRBNB TIPS

If you're not sure, call ahead to see if your hotel room will have a fridge and microwave or if you can upgrade to a suite or what kitchen amenities your AirBnB will have.

Research the area a bit to locate the nearest grocery store and local restaurants so you can pick up a few essentials and look at menus in advance.

If not included in your stay, make sure you have plastic utensils (or a set of traveling ones) and some paper plates (or buy a couple large tupperware bowls if you're going to be gone for a few days).

There are so many prepared options these days, there's really no excuse to eat all of your meals out/on-the-fly if you don't want to.

Check out the grocery list on the next page for ideas of what to bring/buy for in-room meals or grab-and-go snacks. Obviously you won't be able to fit all these things in a small fridge so just pick the ones you'll actually eat or can get reasonable quantities of.



HOTEL & AIRBNB TIPS

PROTEINS:

Hard boiled eggs
Eggs/egg whites (can be microwaved)
Deli meat
Pre-cooked chicken sausages
Shrimp cocktail
Rotisserie chicken (or partial ones for easier storage)
Tuna packets
Jerky
Protein bars
Single-serving protein powder packets

VEGGIES:

Steamfresh veggies (can be microwaved in bag)
Pre-washed salad greens
Baby carrots
Cherry tomatoes
Mini-bell peppers
Any canned veggies if you're low on fridge space

FATS:

Any nuts
Avocado
Cooking oil
Eggs (already listed under proteins)

CARBS:

Whole wheat bread
High fiber wraps
Potatoes (can be stabbed with a fork & microwaved)
Pretzels (but not if you'll eat the whole bag just because they're there)
Fruit (apples, bananas, oranges wouldn't have to take up fridge space)
90-second rice packets (can be microwaved)
90-second pasta packets (can be microwaved)

OTHER:

Tupperware to store/cook stuff in/eat out of
Plasticware (can also take from the breakfast buffet)
Seasoning blend like Mrs Dash if this stuff sounds too bland on its own



AIR TRAVEL

THINGS TO AVOID EATING WHILE FLYING:

-Unfamiliar foods (eating anything that your body is unfamiliar with can cause an unpleasant shock to your system, such as bloating or gas, making for an uncomfortable ride)

-Buffets, mayo-based or creamy salads, and raw seafood (like sushi or poke) - due to their higher risk of food poisoning, one of the last things you want happening on a plane!

-High salt foods - flying is dehydrating on its own and high sodium foods can just exacerbate that



AIRPORT BEST PRACTICES:

-Pack TSA-approved snacks (see list on next page) to avoid getting hangry (and getting price gauged at Hudson News).

-Bring an empty water bottle to fill up after you get through security.

-Get there early and walk around - plenty of opportunities to get steps in!



FOOD ALLOWED THROUGH SECURITY

- Any solid food is allowed through security (no drinks, liquids, gels etc. larger than 3.4oz)
- Solid cheese
- Creamy cheese (3.4oz or smaller)
- Empty thermos or water bottle (fill once you're past security)
- Cooked meat, seafood, or veg
- Crackers
- Fresh eggs
- Gum (helps your ears from popping and keeps your mouth busy from snacking)
- Hummus (less than 3.4oz)
- Nuts
- Nut butter (less than 3.4oz)
- Protein powder (TSA encourages more than 12oz to be placed in checked bags)
- Sandwiches
- Dry tea bags (get hot water from one of the stores)
- Dry oatmeal (get hot water from one of the stores)
- Fresh fruit and veg (passengers flying from Hawaii, Puerto Rico, or the U.S. Virgin Islands to the U.S. mainland cannot take most fresh fruits and vegetables due to the risk of spreading invasive plant pests)
- Meat, seafood and other non-liquid food items are permitted in both carry-on and checked bags.
 - If the food is packed with ice or ice packs in a cooler or other container, the ice or ice packs must be completely frozen when brought through screening.
 - If the ice or ice packs are partially melted and have any liquid at the bottom of the container, they will not be permitted.
 - You also can pack frozen perishables in your carry-on or checked bags in dry ice.
 - The FAA limits you to five pounds of dry ice that is properly packaged (the package is vented) and marked.



PURCHASE AT THE AIRPORT

- Fresh fruit (apple, banana, orange)
- Yogurt (preferably Greek)
- Small bag of raw nuts or nut butter
- Package of seeds
- Dark chocolate to satisfy your sweet tooth (high in antioxidants)
- Some airports have smoothie stands - opt for one with protein + maybe a healthy fat
- Hummus packet with veggies
- Hard boiled eggs
- Grilled chicken sandwich or turkey burger - skip mayo-based salads to lower food poisoning risk
- Oatmeal
- Protein bar (ideally no more than 200 calories & at least 20g protein but work with the options you have. Quest is pretty readily available).
- Salad (try to get your salad built on veggies, topped with protein -such as grilled chicken, with beans and your dressing on the side)
- Water! Flying is dehydrating.

PRO TIP: Google "[name of airport] + [terminal letter or number] + food" and check out the available options without traipsing from one end to the other trying to decide (great way to get steps in, though!)



TIPS FROM COACH ESTHER



The biggest thing for me is that **I know I feel my best when I eat well and move my bod.**

As tempting as it can be to let traveling be a free-for-all, the last thing I want is to feel “blah” in my bathing suit or nice outfit.

So sometimes that means saying “no” to what I want right now, knowing that I’ll thank myself for it later.

Over the years I’ve gotten very comfortable asking for modifications at restaurants. I’m paying, I’m going to get what I want. (I also worked in the service industry for a long time so I know to be extra polite and tip well for being high-maintenance).

For the most part, **I eat similarly to how I would at home**, even though trying new restaurants and local specialties is one of our favorite things to do when we travel. I save the indulgences for meals that are actually special. There are plenty of nutrient dense foods that I actually enjoy eating so I don’t feel like I’m sacrificing anything by not getting the most indulgent thing every time.

When there is something really indulgent I want to try, I do. But I also remind myself that I don’t need to eat the entire thing. I use it as an opportunity to **practice eating slowly and mindfully, and paying attention to hunger and fullness cues**, stopping when I’m satisfied, rather than when it’s gone.

We usually do a bigger brunch and dinner and I’ll do a protein-based snack in between because nobody wants to be around me if I’m too hungry.

As far as actual travel days, I’ve started flexing my willpower muscle more often at convenience stores because even though I loooovvee all the road trip foods, I know I’m not gonna feel great if I get to where I’m going and after sitting and eating the entire day. If I get a snack, I’ll pick up a Quest bar or bag of jerky and an ICE (flavored sparkling water).

At airports, I also bring bars and jerky because I hate the thought of spending like \$12.99 for a tiny bag of jerky or \$4.99 for a protein bar!

One of the best things I do for myself when we travel is **make sure that I’ve set us up for success when we get back**: clean clothes, freezer stocked with easy options, and ideally an extra day off work to get caught up on all the life stuff.

TIPS FROM COACH MEG



I want to come home feeling just as good as when I left.

I ask myself throughout the day, "how will this make me feel when I get home?"

For the day of travel, I always pack my own snacks, even knowing I can probably grab a Quest Bar pretty much anywhere in a pinch. There's something comforting knowing that I am prepared.

I also make sure that I have my water bottle with me at all times.

I have a few standard Fast Food restaurant choices that are my go tos (Wendy's Apple Pecan Salad, no dressing, is my fave), but also have decided that **traveling doesn't mean that real life doesn't exist anymore**. Would I be having 8 different snacks at home? Nope!

I do some recon ahead of time and figure out if my room will have a fridge and microwave, and often make a quick stop at Costco or a grocery store once we get to our destination so that we can arrive to the room stocked.

A rotisserie chicken and some bagged salad mix and a bottle of Bolthouse dressing is usually my go-to.

Make sure to remember to figure out how you're going to eat--I actually buy a couple of large tupperware bowls if we're going to be there for a few days and eat like a cavewoman out of one. Oh, and utensils!

We tend to delay breakfast and consolidate our main meals into two (I have protein bars and such on hand for in between so I don't get hangry), which gives me a little more leeway with choosing more "fun" foods. I still do my best to concentrate on making most of my meal a lean protein and veggies, and **I'm not afraid to ask for what I want when ordering**.

As far as workouts go, I like to start my day with some intentional movement, and have that checked off the list. It doesn't have to be a crazy intense workout, but I find just staying in the habit is useful. That and getting my steps in and I'm usually good to go.

But really the most important thing, I think, is **which choice will make me feel proud of myself when I get home?**

TIPS FROM COACH TANYA



The key for me while traveling is staying hydrated.

I know it may seem simple, but it's really easy to forget to drink water while traveling, both on your way to your destination and once you've arrived.

I always bring a giant water bottle with me. I'm probably the most annoying person to travel with because I have to take a pee break every half hour, but it's worth it. When I'm hydrated, I feel less snacky, less bloated, and less tired.

If the trip is over an hour away, you know I'll be bringing a snack. I'm all for eating regular, balanced meals but sometimes that's not possible while traveling. To keep from becoming overly hungry, I'll pack a protein bar or some fruit in case I go too long between meals. This not only stops me from overeating later on, but it also saves me money.

TIPS FROM CLIENTS

"Stay out of the vending at hotels!" ~Clessie L.

"What worked for me was focusing on energy expenditure. I really didn't want to limit my food (within reason, of course. I didn't eat entire cheesecakes), so I made sure my steps were higher than usual and I prioritized three strength workouts. The workouts had a positive compounding effect and made it easier to feel intentional the entire time.

One thing I did NOT do and will implement next time is to have a very specific plan for when you come home. Meal prep and freeze stuff, if you can. I did well for the first few days, but then had a week long lapse because things got very hectic." ~Jen W.

"I always travel with a bunch of Chomps Turkey or Beef jerky sticks from TJs. They are a quick easy protein and hold over so you don't end up snacking on junk." ~Jean M.

"It helped me to carry a water bottle so i went for that before anything else." ~Kindall J.

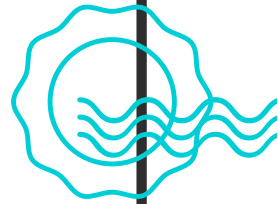
"Look at menus ahead of time, bring food along." ~Kathy S.

TRAVEL PLANS

BEFORE LEAVING

HAVE READY @ HOME FOR RETURN:

TRAVEL DAY NEEDS



TRAVEL DAY FOOD PLAN

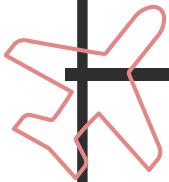
HOTEL/AIRBNB NEEDS

WHILE GONE

BAMS

TO BUY FOR ROOM

SPECIAL MEALS



LETTER TO YOUR POST-TRIP SELF

WRITE A FEW LINES TO YOURSELF
ABOUT HOW YOU ARE FEELING
WHEN YOU RETURN FROM YOUR
TRIP - THEN MAKE IT BE SO!

100 SUCCESS ST, AWESOMEVILLE, USA