



# TIPS FOR TRAVEL

*IT'S EASY TO LOSE SIGHT OF YOUR GOALS WHEN YOU'RE IN A NEW PLACE!  
CONTACT OUR TEAM FOR SUPPORT, AND REMEMBER THESE HELPFUL COACH TIPS:*

## **Follow your program closely, and your results will show!**

- Stick to your allotted portions, Rotate your proteins, Track your daily water intake, Limit rigorous exercise, and use your journal to track progress.
- Fall off track? Make notes in your journal and continue to try your best!

## **Avoid disruptors.**

- Disruptors (Oil & Fat, Sugar, Dairy, Carbs, Excess Alcohol) can slow down, halt, or reverse your fat burning.
- YES: Certain wines, triple distilled vodka. NO: Beer, whiskey, tequila, gin.

## **Bring your own toiletries, sweeteners, and dressings.**

- Pack water-based lotions, body wash, deodorant, etc
  - Remember: Oil-based toiletries can slow your fat burning results.
- Don't skip on flavor! Pack or buy approved dressings (see list) and sweeteners (Monkfruit, Stevia) on your trip to enjoy on the go.

## **Pack supplements safely.**

- Safely store liquid supplements in your check-in bag if flying.
- Store capsule and powder supplements in ziploc bags and then in a container or bottle to ensure no spillage.

## **Keep your alkaline wand handy!**

- Take your alkaline wand with you to alkalize water on the go.

## **Dine wisely when eating out.**

- Provide your **Restaurant Card** to your server and opt for safe options:
  - a side salad (no cheese, croutons, dressings) and add a protein cooked without oil/butter
  - OR a protein cooked without oil/butter with a side of steamed vegetables.
  - If no fruit options available, opt for glass of wine.

## **Encourage support, and limit temptations.**

- Reclaiming your health is something to be proud of. You deserve this!
- Inform others of your journey to encourage accountability and support.

## ***Most importantly...***

*Cherish the moment, take in the sights,  
and make memories to last.*