



Travelling and Eating

Macros, Muscles & Mindset



Whilst travelling, one of the hardest things to do is to not over indulge or over eat on new foods and experiences. Part of travelling, is of course to enjoy new foods and cultures. But this doesn't mean you have to eat terribly the rest of the day or choose bad options or resort to bad eating habits just because one meal out is going to be indulgent. We've got a couple of essential tricks for travelling that'll help you stay on track, and help you stick to healthier habits.

1) Pack smart

Granted, whilst travelling, a lot of meals will be eaten out. But where you can, taking snacks with you as you are out and about will not only save you money, but will be a great way to keep you full during the day. This can aid in reducing over eating at meal times, as well as being wise with your food options.

We highly recommend packing the following with you on as you travel;

- a) A small bag of protein powder and protein shaker. This is a GREAT travel option, especially if you are tracking your macros. Its an easy, and convenient way to up your intake of protein, and keep you full for during the day.
- b) Oat packets. Getting a box of oats sachets and popping them into your suitcase is a light and convenient way to ensure that you have a healthy start to the day. Oats with a scoop of protein will also fill you up for your days activities and may aid in reducing the desire to grab and almond croissant or two while you're walking around on your adventures.



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c) **Protein Bars.** A super easy and convenient way to snack. Bringing a few bars with you from home will make it easy for you to pop into your back pack when you are out and about. If it's a hot climate – we recommend getting RX bars, as these are not coated with chocolate or yoghurt and won't make a melted mess when you open the packet!

d) **Vitamin Box.** Rather than bringing with you 4 or 5 different vitamin containers, buy a small pill box (we recommend a 7 day one broken into day and night). This is a convenient way to pre pack your vitamins and help you keep up with your normal routines.

2) Snacks on the go

Apart from taking things with you when you travel, it's a smart option to make your 'on the go' snacks healthy and nutritious too. Easy options to take in your back pack include things like nuts, fruit and protein bars. When visiting supermarkets, don't let others persuade you to buy chocolates, crisps, sugary soft drinks, nuts and chocolate mixes and/or high caloric dense foods and drinks. Higher caloric foods should be saved for foods that come with cultural experience.

Purchase low fat yoghurts, cottage cheeses, fresh fruit, freshly squeezed juices and if you are wanting something sweet, dried fruit or a few chocolate coated almonds will do the trick. If you are tracking your macros, you will be able to input these into your app and easily see how healthier snacks will lead you to have better macros left for other meals in the day.





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3) Options

If you aren't tracking macros but want to keep your habits as healthy as possible, it is essential to know how to pick the right things from the menu, as well as keep things within caloric acceptability. Let's start with breakfasts. One of the easiest ways to reduce caloric intake at breakfast time, is to ensure all oils, butters, jams and honeys are ordered on the side. This will help you control and portion the amount you use. Each of these items, for even a teaspoon worth, can up your overall calorie intake by 100. We think the best way to recognize if a breakfast food is nutritious and healthy is by being able to know what ingredients are being used. If you see a "breakfast bowl" and it lists several ingredients, you know that what this meal has in it. If, however, you see pancakes with fruit and maple syrup, you know that there is going to be fruit and maple, but you aren't sure on what is in the pancakes. Are they made with butter? Do they have excessive sugar in them to make them sweeter? These kind of meals are designed by chefs that want to create rich and decadent, delicious foods – but these recipes don't often consider the health concerns or caloric values for people. We always suggest choosing items from the menu that are easy to "deconstruct." These generally, are food items that will use less sugars and butters in them.

Lunch and dinner can often be harder to opt for. Especially when you are in countries that use rich sauces in their meals. We suggest try to choose meals that have a source of protein, and small amount or one amount of carbohydrates and have a side of vegetables or salad along with it. This doesn't mean you have to just get a salad with dressing on the side. You can opt to choose a curry with vegetables, but rather than going all out and indulging on carbs with naan bread, rice and curry puffs, choose just one carb source - like rice. If the meals are things like tapas, opt for portions that will have a source of protein and some fats (like chorizo, or chicken satay) and a portion of carbohydrates (like potato bravas, or white rice).

When looking at a menu try and think of things in terms of proportions. The plate should have a source of protein, fats and carbohydrates. Having one more proportionally dense than the other consistency can effect your overall health and fitness goals. For example, getting a creamy pasta like carbonara, is pasta in a cream sauce, with butter, cheese and bacon. It is dense in fats and carbohydrates and is more has little protein. However, a more balanced pasta dish, maybe a pasta diavolo – a pasta in a red sauce with vegetables and salami. There is a better proportion of macronutrients in this meal. Not mention less cheese, fats and creams! So it's better for your arteries! We do recommend trying to request for oils and sauces on the side, to help reduce overall caloric value. We also think it is best to request cheeses and butters to the side too, where possible. When looking at dishes with "sauces" like curries, pastas and even soups – opting for tomatoe base is generally a healthier and less caloric dense choice than anything white and creamy. With things like pizza, again, choosing options with more vegetables and less cheese is a great way to reduce caloric density.



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4) Deconstructing

For those of you tracking macros, this is for you! Deconstructing plates to fit into your MFP or tracking app, is imperative to do when travelling. This is one of the most effective ways of staying on track and reducing desires and urges to over eat and fall into poor habits or bad choices. As discussed above, the best way to choose meals is to be able to identify a plate as protein, fats and carbohydrates. If you are ordering for example, “almond butter toast” which has banana, chia seeds and honey – it is much harder to input this in MFP as one thing, rather than deconstructing it. For example, if you order everything to the side, you can control your intake and track the meal much better. Let’s say it has come out with everything on the side, there are 2 slices of bread, a whole banana, a small container of honey and a small amount of chia seeds. Let’s break it down. The carbs come from: toast, banana, and honey. The fats come from the chia seeds and almond butter, and there is no dominant protein source here. Now, is where we can input and control how much you are eating. You can input all the items as generic items. If you want to save carbohydrates for later, you may opt to only use half of the banana. Or if you are wanting to eat less fats, you may choose to only use a guestimated 1 tablespoon, rather than 2.

If you liked baked goods and breakfast things muffins, croissants and cookies, are obviously much harder to deconstruct. This is when a generic search for “muffin” can be used. We generally opt for options that come from a place similar, like a bakery, starbucks or a supermarket. It is best to pick the options which have a higher caloric value, just to be on the safe side. Pasta dishes and curries are harder to deconstruct and generic values are usually best to use at this point. Things like sandwiches, fries or burgers, can be easily broken down and will assist in controlling portions. Things like fries are very easy to over indulge in. By tracking macros, you’ll see how quickly the carbohydrates of this item will increase the more you eat.

