



TRAVELING AND DINING OUT TIPS!

The best tip we can give is to be prepared. The more you are prepared, the more successful you will be at maintaining your weight. Be prepared to make healthy choices!

If you are traveling by air, be very prepared as airports are not the healthiest place to find food. Even the little convenience stores have very little healthy choices. Don't just go and grab beef jerky - most of them have added sugar, so make sure you read the labels. Stay away from the trail mix as most have added ingredients not healthy even if you do plan on picking out the M & M's. In a pinch, most airlines hand out peanuts and although most are cooked in canola oil, it is a better choice than the pretzel or trail mix they may offer.

HERE ARE A FEW EASY TAKE-A-LONG FOOD IDEAS:

Hard boiled eggs, peanut butter on sprouted bread, apples, oranges, bake-dried fruit, cheese, cut up veggies, cherry tomatoes, nuts, trail mix (see recipe below), Larabar, whole grain crackers, and even popcorn (air popped is healthiest).

Don't fall into the 100 calorie pack marketing. Most of those products have harmful additives. Be careful when buying dried fruit - make sure there is no added sugar.

Once you get to your destination, try and find a grocery store where you can buy some fresh fruit and packages of cut veggies. It's good to take along protein powder and powdered greens to mix in to yogurt, milk, or even water. Having the greens will help to make sure you get your greens!

Apple cider vinegar does not need to be refrigerated either, so you can put it any type of screw cap container, such as a small bottle or Rubbermaid container.

Carry a travel size squeeze bottle of stevia or packets from Sweet Leaf.

Don't forget to pack your flax oil or fish oil. You can purchase in gel cap form. Because the oil is encapsulated with no excess air or light exposure, they do not have to be refrigerated and there is no risk of going rancid

RESTAURANT TIPS:

Eating out can be a challenge so make sure you make healthy choices! Plan ahead and visit the online menu and nutritional facts so you are prepared what is the best choice at each restaurant, especially if you think you may need to do fast food.

Walk to the restaurants as much as you can. Walking is good for you and it will help burn calories and can aid in digestion.

Always look for the wisest choice on the menu. Grilled foods,

salads, lean meats, etc. Ask the waiter how the foods are cooked. What kind of oils they use, if a dish you are interested in has added sugar, and what kind of healthy substitutes they provide. More and more restaurants are providing healthier alternatives, but may not of updated their menu yet. Salads are the wisest choice with grilled meat added. Be very careful of the salad dressing as most are heavy dressing with added sugar. Ask for vinegar and lemon wedges and make your own.

Order items such as poached eggs, omelets and pass on the hash browns or potatoes. Most restaurants will substitute them with cottage cheese or tomato slices.

Order a 'protein style' burger (lettuce wrap) which are available at most restaurants and even fast food places. Carl's Jr, In-N-Out and many others have it right on the menu. If not ask, or order it bun-less. Try and stay away from Mayo - catsup and mustard are wiser choices. If you go to Taco Bell, order your meal 'fresco' style which is with salsa and no cheese or no sauce.

A great place to eat is Whole Foods so search online ahead to see if there is a location near your destination or along the way. They have a great selection of foods buffet style so you can get something healthy and traveling companions can be unhealthy and get pizza. While you are there, pick up some fruit, veggie and nuts.

When traveling on hCG, focus on eating the right foods and not worry so much about calorie counting as that would be hard to do without a food scale. Come up with a few items and figure out the calories ahead so you can figure out the approximate calorie count before you go so you can get close to your amount. So, if you have a medium size piece of chicken it would be 'x' amount of calories, 1/4 lb. hamburger would be 'x', 1 apple would be 'x' and so on. Then you can try and get close as you can to your calorie intake amount. And make sure to eat a lot of green leafy veggies.

Do your best and know when you return you will get back on track as soon as possible. Try not to over do it. Some use this time as an excuse to resume old eating and drinking habits. This will undo any losses you have accomplished before your trip. Always think about making health choices and they will pay off in the long run.

HEALTHY TRAIL MIX

4 C. Raw nuts of choice
1 C. Raisins
1/2 C. Unsweetened coconut flakes
1/8 C. pepitas (Pumpkin seeds) and/or sunflower seeds
Unsweetened fruit (optional)

Mix together and enjoy!