

When you're away from home, it's likely you want to **look and feel your best** wherever you are.

This guide will give you lots of strategies to help you stay on the path to health while you're away from home. Don't stress yourself out trying to be perfect. Just do your very best!

Going on vacation?

Don't you want to look sexy in your vacation photos and feel energized enough to do all the activities you have planned?

It sure beats spending the day in your hotel room sleeping because you feel like crap! You've made a financial investment and have taken time off work. Make the most of your trip by committing to feeling your best! This guide will show you how.

Traveling for work?

Don't you want to look and feel confident when you meet with your colleagues and clients?

First impression is everything, right? Plus, if you're going to be indoors all day attending meetings or conventions, I'm guessing you don't want to get caught falling asleep in your chair or feel so bloated that you have to unbutton the top button of your pants. A business trip is no time to put yourself in an embarrassing or physically uncomfortable situation.

Plus, there's nothing worse than feeling gross while in the car or sitting on an airplane next to a couple of strangers. I don't know about you, but when I'm traveling, I especially want to feel my best!

Keep reading for tips on how to stay committed to this cleanse and to your health goals while you're dining out or traveling.

Get into a Success Frame of Mind

1. Before you make a potentially “bad” decision, ask yourself:

- ▶ “Am I going to regret this in the morning?”
- ▶ “How am I going to feel in the morning if I eat or drink this?”

2. Recommit to why you signed up for the cleanse.

Remember, if there’s something about your health that you want to change, you’re going to have to make different decisions to get there. Why? Because if you keep doing what you’ve been doing, you’re going to keep getting the same (undesirable) results.

This might even mean feeling physically uncomfortable (e.g. resisting temptation) but once you push through, you’ll be SO glad you did.

3. Decide ahead of time how you want to feel after you eat.

Travelers, take this a step further by deciding how you want to feel when you get home from your trip.

4. Remember that traveling can really take a hit on your immune system.

Between the stress and uncertainty of travel (running to catch a flight, dealing with lost luggage, jet-lag, not getting enough sleep, etc.) and being in close quarters with lots of people who might not be in the best health, you are more susceptible to getting sick. With that said, it is *more important than ever* to do everything you can to be as healthy as possible and boost your immune system while you’re traveling.

If You're Traveling By Car...

- ▶ Pack a cooler and bring your own snacks (see below for portable snack ideas)

If You're Traveling By Plane...

- ▶ Expect to be dehydrated. Drink plenty water before, during, and after your flight.
- ▶ Pack an empty water bottle in your carry-on and fill it after you go through security (or buy 1 or 2 bottles of water before you get to your gate).
- ▶ The airplane snacks will likely not be “cleanse-friendly” so pack your own.
- ▶ You might have unexpected travel delays. Bring your own snacks just in case.

Portable Snack Ideas

- ▶ Greens powder single serve packet (pack a blender bottle and just add water) - my favorite kind is [Amazing Grass Orange Dreamsicle](#) because it tastes great even if mixed with just water and nothing else
- ▶ Protein powder single serve packet (pack a blender bottle and just add water)
- ▶ Chia seeds (add 1-2 tbsp to your protein shake for added fiber)
- ▶ Almond butter single serve packet
- ▶ Sliced veggies (cucumbers, carrots, jicama, cherry tomatoes) and hummus (if you have a cooler)
- ▶ Bananas
- ▶ Apples
- ▶ Pears
- ▶ Avocados
- ▶ Cucumbers (very hydrating!)
- ▶ Celery (very hydrating!)
- ▶ Cherry Tomatoes or Grape Tomatoes
- ▶ Nuts (except peanuts) and Seeds - almonds, cashews, macadamia nuts, walnuts, pumpkin seeds, sunflower seeds
- ▶ Homemade trail mix (using nuts and seeds listed above)
- ▶ Gluten-Free, soy-free, dairy-free bars (e.g. [GoodOnyaBars](#), [EPIC Bars](#))
- ▶ Single serve pouches (or cans that don't require a can opener) of tuna or wild-caught salmon (you can mix them with avocado and serve on a rice cake)
- ▶ Rice Cakes or Brown Rice Crackers

Before You Get to the Restaurant...

- ▶ If possible, be the person who selects the restaurant. Here are a few cleanse-friendly resources:
 - <http://www.embracetruehealth.com/restaurant-recommendations>
 - <http://www.yelp.com/> - search keywords “gluten-free” or “paleo”
- ▶ If you’re not the one picking the restaurant, **review the menu ahead of time** so you already know what to order (and won’t get influenced to order something else once you’re there)
- ▶ **Don’t go out to eat when you’re starving.** This will make it all the more challenging to make wise food choices. If you’re super hungry, have a small snack to hold you over before you go.
- ▶ **Decide ahead of time not to partake in any of the snacks that are out on the table**, like bread, breadsticks, or chips. You’ll want to save room for your healthy meal instead of filling up on foods that won’t satisfy you nutritionally.
- ▶ Review the **Slow Eating Guidelines**.

While You’re at the Restaurant...

- ▶ **Skip the booze.** Opt for water or club soda with lemon or lime instead.
- ▶ **Skip the bread.** Ask for the bread basket to be removed from the table or place it in front of someone who at the table who *will* eat it (away from you!)
- ▶ **Skip sauces and dressings.** Most contain sugar, gluten, and/or dairy. (Even a simple balsamic vinaigrette, believe it or not!) Ask for olive oil and lemon or vinegar instead. Salsa, guacamole, or avocado (mashed) also make for tasty sauces or dressings.
- ▶ **Keep it simple.** At most restaurants, you can order baked/broiled/grilled chicken/fish plus steamed/grilled/sautéed veggies (in olive oil) or a salad.
- ▶ **Don’t be afraid to ask questions.** Most servers are more than happy to answer your questions and accommodate your requests. Having worked in the restaurant industry myself, I only ask that you be nice and polite about it :)

- ▶ **Identify dangerous descriptors on the menu.** If a dish is described as fried, breaded, crispy or crunchy, it probably contains gluten and pro-inflammatory vegetable oils. If you see the word creamy, it probably contains dairy.
- ▶ **When everyone else is ordering dessert, opt for herbal (caffeine-free) tea.** The last thing you need is a gluten-filled, sugary, dairy explosion in your stomach before you go to sleep. Peppermint tea or Lemon Ginger tea are particularly good digestive aids.
- ▶ **Eat less.** Assume that the portion size you're going to be served is going to be big enough to feed *at least* 2-3 people. With that said, ask for a to-go container right away and put half of your food away so it's no longer on your plate. If you don't want to do that, then push half of your meal to one side of the plate and focus on eating the other half. Another idea is to split an entrée with one of your dining companions or order a couple of healthy appetizers to share.
- ▶ **Focus on the people you're with, not the food.** With business associates? Make the meal about networking. With friends? Make the meal about catching up.
- ▶ **Eat slowly.** Make the decision ahead of time to eat until you're about 80% full or no longer hungry (instead of eating until you're stuffed).
- ▶ **If you think your dining companions are judging you, know that they're not.** They're just curious. Don't worry about it. It has nothing to do with you. Maybe they'll even get inspired by your choices. Just do your thing.
- ▶ **Stay accountable.** Post your intentions, pictures of your meals, or celebrate your successes of overcoming temptation on the Facebook group page. Keep track of your choices in your journal. Focus on the potential outcomes of your behaviors.

Other Tips for Cleanse-Friendly Traveling

- ▶ **Eat in for at least one meal if you can.** Go to the supermarket and buy your own food. Most hotels have mini fridges for convenient storage.
- ▶ **Go online and locate the closest Whole Foods.** It's a great place to get green smoothies for breakfast (ask them to add spinach from the juice bar) or a healthy lunch or dinner from their hot deli and salad bar.
- ▶ **Locate the closest gym, yoga studio, CrossFit studio, etc.** if you plan on working out indoors. If these types of workouts are what you do when you're at home, keep doing them when you're away from home too. Your body doesn't know where it is!

TRAVEL AND DINING OUT GUIDE

- ▶ **Practice awareness.** Relax. Breathe. Be present. You are more likely to make wise choices when you are in a relaxed state, both in mind and body.
- ▶ **Schedule in movement.** Wake up 30 minutes early and workout in the hotel gym, go for a walk or run outside, or do some body weight movements/stretches in your hotel room. Don't have 30 minutes? Up the intensity and workout for 15 minutes. Just get your body moving. You know you'll feel better afterward!
- ▶ **Walk everywhere.** Forego public transportation and explore the new city by foot if possible.
- ▶ **Some activity is better than none.** For instance, if you don't have time for your usual hour workout, instead of giving up on the idea completely, do just 15-20 minutes. Check out the hotel gym, go for a walk or run outside, locate a yoga studio before you arrive, or do some body weight exercises in your room (such as 15 squats, 15 push-ups, 15 crunches, repeat for as many rounds as you have time for).
- ▶ **Get at least 7 hours of sleep each night.** You are not exempt from this just because you're traveling! Getting adequate sleep each night is especially important if you're traveling to a different time zone and experience jet lag. Remember that sleep deprivation can weaken your immune system (I know you don't want to get sick when you're away from home) and set yourself up for making unhealthy food choices the next day (namely sugar and caffeine).
- ▶ **Always have healthy snacks on hand.** Things don't always go as planned...flights get delayed, there might not be any healthy options at the airport or your hotel, or you might hit traffic unexpectedly. Fortunately, you can plan ahead by bringing healthy snacks with you from home so you don't have to opt for junk food if you're in a bind while on the road.
- ▶ **Carry a water bottle with you at all times.** It's easy to get dehydrated when you're traveling because your water intake is probably the last thing you're thinking about. When you're dehydrated, expect to experience fatigue, headaches, sugar cravings and eating when you're not hungry. Check out BPA-free, stainless steel water bottles like [Klean Kanteen](#).
- ▶ **Pack an eye mask and ear plugs.** I don't know about you, but I have a hard time sleeping in noisy, brightly lit rooms and when I'm traveling, I need my sleep or else I get cranky and crave sugar for quick energy. Can you relate?
- ▶ **Pack a mini blender.** If you are going to be away from home for a long time (especially if you're staying somewhere that has a kitchen or a fridge), invest in a mini blender and bring it with you on your travels so you can have a healthy smoothie at your fingertips each morning. The [NutriBullet](#), Magic Bullet, and [Hamilton Beach Personal Blender](#) (least expensive of the 3) are great for travel.

- ▶ **Pack a resistance band.** Great travel alternative to dumbbells if you want to get in some strength training but don't want to do body weight exercises. They are inexpensive and barely take up any space in your luggage.
- ▶ **Strive for progress, not perfection.** When you're away from home, it can be challenging to mimic your usual daily self-care routine. Don't sweat it! Just do the best you can to make choices that make you feel your best, but don't obsess over being "perfect" and don't beat yourself if you make a choice that you deem "bad". Think of every decision you can make as having a "good" "better" or "best" option and choose the best option in that situation.

In Closing...

Wherever you go, there you are. Treat your body with the same love and respect when you're away from home as you do when you're at home. Imagine how much more enjoyable your travels will be if you continued to practice self-care?

Your body is going to be with you wherever you go. You're not going to leave it at happy hour or leave it on vacation. It's coming home with you no matter what state it's in, so decide now what state you'd like that to be. Light and lean? Or heavy and bloated? Energized and happy? Or sluggish and blah?

Imagine coming back from your travels still being able to fit into the same pants as you could before you left (and perhaps fitting into them even better!)

The choice is yours. The responsibility is yours. Make this the trip you go on where you don't feel like a heavy, bloated mess when you return home. Stay committed. You can do this!