


TRAVEL HABITS

HOW TO EAT ON VACATION



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.

Last week, we discussed the benefits of habit stacking, self talk and implementing regulations around an 80/20 rule with travelling and eating. This week, we give you tips on things we do that help keep us on track before, during and after periods of travel!

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. It's 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.



