

Restaurant Options

Breakfast	Egg omelet with unlimited vegetables and ham. Request no cheese as there will be plenty of fat from the eggs and cooking oil. Most omelets are sold as a combo-platter. Ask for cottage cheese and fruit instead of potatoes and toast.
Lunch	Catered Lunch: Most lunches will have a protein and veggies involved. You can feel safe sticking to these. Feel free to enjoy a scoop of rice, potatoes, pasta or whatever else is there, but keep the portion size at one scoop.
Dinner	<ol style="list-style-type: none"> Steak House: These sure can get us in trouble; can't they?! Feel free to opt for the steak, but ask for the smallest and leanest cut on the menu. This is usually a 6 oz. sirloin. Also, most people are surprised to find out they finish these with a pat of butter. Ask them to hold that. Sides: Opt for a potato and go lite on the butter or sour cream. Make the second side some sort of non-starchy vegetable. Pasta/Italian: Pasta is a great source of carbohydrate, but most of us indulge more than we should. Aim to eat about half the amount you get. Ask for red sauce instead of a cream sauce. Ask for protein (chicken breast) and a portion of steam broccoli to be added to the dish.

Hotel Room Meal Plan

The closest grocery is my first stop when I head out of town. Pick up a few options listed in this packet. Here are a few meal ideas from that list.

Breakfast	<ul style="list-style-type: none"> -1/2 cup oatmeal cooked in the hotel rooms coffee pot. -1/2 packet Justin's Almond butter -1 plain Greek yogurt with a handful of sliced berries. -1 hard-boiled egg (in the refrigerated store of most groceries)
Lunch	<ul style="list-style-type: none"> -8-12 triscuit crackers -2 tuna packets mixed with 1 mayonnaise packet -unlimited cherry tomatoes, carrot sticks, celery sticks or a large salad with 1 other fat option.
Dinner	<ul style="list-style-type: none"> -Skinless chicken breast from rotisserie chicken. -unlimited salad mix -1 microwavable brown rice packet -1 fat option

Airport Meal Plan

Breakfast	<ol style="list-style-type: none">1. Chic-Fil-A: Egg white grill with a side bowl of fruit. Black coffee.2. Dunkin Donuts: Ham, egg, and cheese on an English muffin. Black coffee. Bring a fresh orange from home for a some extra fiber-filling goodness.3. Grab N Fly and Aviator's Café: Both of these places seem to specialize in quick grab N go items. This could be a good place to stock up on some healthy plane snacks. Aim for nuts, fruit, and even pretzels. Portion sizes are the key. Water to drink and steer clear of the juices and sodas offered on the plane.
Lunch/Dinner	<p>Mid-day and evening layovers are a great time to sneak in nutrient-dense meals at a sit-down joint. Here are a few options :</p> <ol style="list-style-type: none">1. Chili's: Fajitas are generally one of the best options on the menu. You could opt for plain salmon with broccoli, but most people like to be a little more adventurous. Ask for either sour cream or guac, but not both. Ask them to hold the tortillas and double up on the veggies.2. Panera Bread (or similar): Half 'N Half combo: ½ turkey sandwich on whole wheat. Ask them to hold the cheese in favor of a mayo and mustard packet. For the other half, consider a broth-based soup or a salad with the dressing on the side. When given the option, opt for an apple over chips or a roll.3. Quick Option: This is a great option for times when you <i>can't</i> stop to sit down and eat. Grab a turkey sandwich and small bag of almonds. Ditch the cheese on the sandwich and opt for a mayo/mustard packet. Eat half the bag of almonds and pair it up with a piece of fruit. Save the other half of almonds for a snack later.
Drinks	Stick to water as often as possible.

Idea's for Hotel Room/Airplane Meals/Snacks

Almonds. Keep portion sizes to one single handful. This isn't a heaping handful though. A good rule of thumb is enough almonds to cover your palm with no nuts overlapping. You can absolutely swap another type of nut (peanut, cashew, etc) in place of almonds if you don't like almonds.

Fruit. Pretty self-explanatory.

To-go salads or bag of lettuce. Super simple dinner where you can combine a protein (below) and a bit of dressing. Dress that salad up with a handful of black olives or half of an avocado. To meet your calorie goal, you could add 7-10 whole grain crackers (think Triscuit; see below) or 7-10 tortilla chips.

Rotisserie Chicken. Pull the skin off this puppy and pitch it. Take the meat and eat it alongside/in your salad.

Foil pack/canned tuna. Great for salad toppers or to put on whole wheat bread as a sandwich.

Instant oatmeal. Great carb choice before an early morning workout. Use the hotel coffee pot to heat some water and make this stuff. Delicious!

Yogurt. non-fat, plain is the best option. Ditch another fat choice if you prefer the full-fat variety. You can do the flavored varieties, but the carb and calorie content jumps.

Hard boiled eggs. Already made and usually peeled. 1-2 of these with a yogurt and bowl of oatmeal is my personal go-to.

Almond butter packets. Keep portions to half of an individual packet per meal. Slather on an apple, celery sticks, or put in your oats.

Foil Packets of tuna/salmon/chicken-Loaded with protein and do not need cooking or refrigeration.

Whole wheat crackers (Triscuits)- 3 ingredients: wheat, oil, salt. They're loaded with fiber and a good source of carbohydrate. Keep portion sizes to 6-10 whole crackers.

Not surprisingly, some of these are also good choices at the airport and/or to bring on your carry on.