

TRAVELING ON PLAN

Fueled Evolution Coaching — Your guide to staying consistent, structured, and on track no matter where the road takes you.

WHY TRAVEL FEELS SO HARD (AND WHY IT DOESN'T HAVE TO BE)

Most people assume that travel and progress are mutually exclusive — that the moment you leave home, your routine is gone. But the real challenge isn't the trip itself. It's the lack of a plan to navigate it.



TRAVEL ISN'T THE PROBLEM. LACK OF STRUCTURE IS.

THIS IS WHY PROGRESS OFTEN FEELS LIKE IT "FALLS APART" ON TRIPS:

MEAL TIMING BECOMES ERRATIC

FOOD CHOICES FEEL UNPREDICTABLE

SODIUM AND ALCOHOL INTAKE INCREASE

SLEEP QUALITY DROPS

DIGESTION SLOWS

GUILT AND ALL-OR-NOTHING THINKING
CREEP IN

❏ **NONE OF THIS MEANS YOU FAILED. IT MEANS YOUR ENVIRONMENT CHANGED.**
THE GOAL OF TRAVEL IS MAINTENANCE, NOT PERFECTION.

WHY TRAVEL BREAKS CONSISTENCY

MOST PEOPLE THINK:

- "I CAN'T TRACK, SO I'LL JUST EAT WHATEVER"
- "I'LL ENJOY MYSELF NOW AND FIX IT LATER"
- "ONE TRIP RUINED EVERYTHING"

IN REALITY:

- A FEW STRUCTURED ANCHORS PREVENT THE SPIRAL
- CONSISTENCY $\neq$ RIGIDITY
- MOMENTUM IS PROTECTED THROUGH SIMPLE RULES, NOT WILLPOWER



THE ALL OR NOTHING TRAP

PACKING LIKE A PRO

YOU DON'T NEED A SUITCASE FULL OF TUPPERWARE. YOU NEED REPEATABLE BASICS.

NON-NEGOTIABLES:



FOOD SCALE



SUPPLEMENTS IN A PILL
ORGANIZER



GALLON ZIPLOCK BAGS



REUSABLE UTENSILS



ELECTROLYTES

THESE ITEMS REMOVE DECISION FATIGUE AND KEEP YOUR ROUTINE INTACT.

IF TRAVELING BY CAR:

- COOLER WITH ICE PACKS
- PRE-COOKED PROTEIN IN GALLON ZIPLOCKS
- RICE, POTATOES, OR OATS PRE-MEASURED
- EASY SNACKS WITHIN REACH

IF TRAVELING BY PLANE:

- PACK 1-2 MEALS IN A BACKPACK COOLER
- PROTEIN + CARB BASE (RICE + CHICKEN WORKS EVERYWHERE)
- TSA-FRIENDLY DRY FOODS
- ASSUME DELAYS HAPPEN

📌 **HOTEL TIP:** ALWAYS CALL AHEAD AND ASK ABOUT A MICROWAVE. IF THERE ISN'T ONE IN THE ROOM, THE LOBBY ALWAYS HAS ONE.



GROCERIES

MICROWAVE RICE PACKETS

ROTISSERIE CHICKEN

CANNED CHICKEN

STEAM-BAG VEGETABLES

YOGURT, EGGS, FRUIT

GAS STATIONS, HOTEL MARKETS, AND CONVENIENCE STORES
CAN STILL WORK:
CONVENIENCE WITHOUT CHAOS

1

PROTEIN FIRST

2

ADD A CARB

3

DON'T FEAR SODIUM

CONSISTENCY OVER CREATIVITY.



AIRPORTS

AIRPORTS ARE PREDICTABLE IF YOU STOP PANICKING.

LOOK FOR:



PROTEIN BOWLS



BURGERS WITHOUT BUNS IF NEEDED



RICE-BASED MEALS



BREAKFAST ITEMS ALL DAY



AVOID TURNING ONE MEAL INTO A FREE-FOR-ALL.

YOU DON'T NEED TO "EAT CLEAN." YOU NEED TO EAT INTENTIONALLY.

PICK A PROTEIN YOU TOLERATE WELL

ADD A CARB YOU ENJOY

VEGGIES IF AVAILABLE

ASK FOR SAUCES ON THE SIDE

ONE RESTAURANT MEAL DOES NOT UNDO PROGRESS.



RESTAURANTS

ALCOHOL WITHOUT THE SPIRAL

Awareness and simple rules keep you in control without missing out.

SODIUM & BLOATING EXPLAINED

Understanding what's happening in your body removes the panic.

SUPPLEMENTS MATTER MORE ON TRAVEL DAYS

Don't skip the basics when your stress load is highest.

ALCOHOL, SODIUM, DIGESTION & WATER BALANCE

ALCOHOL ISN'T FORBIDDEN. IT JUST REQUIRES AWARENESS.

KEY RULES:

01

EAT BEFORE DRINKING

02

HYDRATE AGGRESSIVELY

03

DON'T SKIP SUPPLEMENTS

04

EXPECT TEMPORARY WATER RETENTION



THE SCALE MAY MOVE. THAT'S NOT FAT GAIN.

SODIUM & BLOATING EXPLAINED

HIGH SODIUM DOES NOT MEAN FAILURE.

IT MEANS:

MORE WATER RETENTION

TEMPORARY INFLAMMATION

A SHORT-TERM SCALE BUMP

THIS RESOLVES WHEN ROUTINE RETURNS.

SUPPLEMENTS MATTER MORE ON TRAVEL DAYS

TRAVEL INCREASES STRESS LOAD. THIS IS NOT THE TIME TO "TAKE A BREAK" FROM:



MAGNESIUM



DIGESTIVE SUPPORT



ELECTROLYTES

THESE PROTECT DIGESTION, SLEEP, AND NERVOUS SYSTEM STABILITY.

THE "MINIMUM EFFECTIVE DAY"

ON TRAVEL DAYS, YOUR GOAL IS NOT OPTIMIZATION.

1

PROTEIN INTAKE

2

STEPS

3

SLEEP

4

MAINTAINING MOMENTUM (NOT STARTING OVER)

THE FIRST 48 HOURS BACK

DO NOT PUNISH YOURSELF. INSTEAD:



RESUME NORMAL MEALS



HYDRATE



WALK



PRIORITIZE SLEEP

NO DETOX. NO RESTRICTION. NO COMPENSATION.



WHAT NOT TO DO:

~~DON'T SLASH CALORIES~~

~~DON'T ADD EXCESSIVE
CARDIO~~

~~DON'T OBSESS OVER THE
SCALE~~

YOUR BODY JUST NEEDS FAMILIAR
INPUTS AGAIN.



AFTER TRAVEL TURNING TRAVEL INTO PROOF OF PROGRESS

THE REAL WIN IS:

TRAVELING WITHOUT
FEAR

RETURNING WITHOUT
GUILT

CONTINUING FORWARD WITHOUT DRAMA

THAT'S SUSTAINABLE HEALTH.