

**Travel Meal Plan: BE PREPARED/DON'T LET YOUR GUARD DOWN
BRING WORK OUT CLOTHES AND SNEAKERS!!!**

BUY: Quaker oats instant oatmeal cinnamon and spice

BUY: FITJOY BAR GNC AND SMART POPCORN PACKETS

SCOUT OUT THE FITNESS CENTER FIRST THING UPON ARRIVAL AT HOTEL

Breakfast

Snacks

Lunch

Dinner

<p>GET UP EARLY AND HIT THE FITNESS CENTER 20 MINUTES OF CARDIO OR GO FOR A WALK</p> <p>*1 packet Quaker Oats Cinnamon and Spice Oatmeal *Starbucks Grande Iced Coffee with 2% Milk (Buy Banana for PM snack) NO SWEETENER</p> <p><u>KEEP CARBS PER MEAL BETWEEN:30-35GRAMS</u> <u>Total carbs per day: 135-145mg</u> <u>SUGAR PER DAY: 25GRAMS SUBTRACT SUGAR FROM FRUIT</u></p>	<p><u>AM Snack</u> <u>Start pushing water</u> <u>Stay hydrated</u> <u>Find a liter of water somewhere and buy it!</u></p> <p>1 Liter Water NUTRITIONAL INFO Cal. 0 Protein 0g Carbs 0g Fats 0g Sugar 0g Sodium 0mg</p> <p><u>PM Snack</u> BETWEEN 3-4 PM *Banana *Skinny Popcorn 1 bag (can save popcorn for later)</p> <p>1 Liter Water NUTRITIONAL INFO Cal.265 Protein 4g Carbs 41g Fats 10g Sugars 16g Sodium 291mg</p>	<p>Skip buffet line! *Fitjoy Chocolate Peanut Butter Bar *Starbucks Tall Iced Green Tea UNSWEETENED <u>BUY A BANANA AT STARBUCKS FOR A EARLY AFTERNOON SNACK</u> *DON'T GO THROUGH EMAILS AT LUNCH. *UNWIND AND GET OUTSIDE!</p> <p><u>FAT PER DAY 40-60 GRAMS</u> <u>SODIUM PER DAY 1500MG</u> <u>1 tsp of salt=1500mg</u></p>	<p>*Safeway Chicken Caesar Salad *Zinfandel Red Wine 8 oz. glass Treat Yourself!</p>
<p>NUTRITIONAL INFO Cal.135 Protein 6g Carbs 35g Fats 5g Sugars 11g Sodium 240mg</p>	<p>REMINDERS Keep your water intake up!</p>	<p>NUTRITIONAL INFO Cal. 220 Protein 20g Carbs 24g Fats7 g Sugars 4g Sodium 190mg</p>	<p>NUTRITIONAL INFO Cal. 688 Protein 28g Carbs 28g Fats 40g Sugar 9g Sodium 1000mg</p>

Shopping List

- WATER Quaker oats oatmeal cinnamon spice Fitjoy Bar Peanut Butter GNC
- Banana Skinny popcorn (individual bags) Dasani Water 1 liter X 2
- Safeway Chicken Caesar Salad
- Starbucks Green Tea UNSWEETENED, ICED COFFEE UNSWEETENED WITH 2% MILK
- 1- 8 oz. glass Red Zinfandel
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