



# TRAVEL GUIDE

Welcome to your guide to staying on track to your fitness goals while on vacation.

Whether you are headed on a road trip, headed on vacation, or just a busy person on the go - this guide is for you.

Inside the travel guide you will find my philosophy to set myself up for success while traveling, my favorite snacks to pack, my tips on movement, alcohol, and food choices, and the importance of remembering your "why"!

Because after all, your "why" is the reason you got started in the first place!

At the end of the day I want you to find a healthy lifestyle that works FOR you, not against you. One that you WANT to maintain, even while traveling.

So let's set some healthy non-negotiables to help us feel our best and we'll jump right in.

# INTRODUCING



Lori Lapin, owner of Strong Foundations Gym,  
Certified FasterWay Coach & promoter of living  
a healthy lifestyle!.

My extensive knowledge of implementing sustainable clean eating habits and living a healthy lifestyle made my partnership with The FASTER Way to Fat Loss a natural fit. As a certified coach, I work closely with my clients to build a personalized program designed to ensure results through cutting-edge fitness and nutrition strategies.

The FASTER Way fitness programs empower individuals by providing knowledge and tools for sustainable results. From teaching how to fuel the body, track macros, intermittent fast, to train locally or anywhere in the country.

# START WITH

## Setting your Non-Negotiables.

Before the trip, fuel and move your body correctly.

Don't under eat leading up to the trip, or try diet heroics before you go. This will take you into vacation with the mindset that you can just blow things out of the water! Instead, leading up to travel time, eat mostly whole food nutrition like you would be doing anyways and leave feeling great.

## Some of my favorite non-negotiables when I travel:

**Drink Water** (keeps my energy up, makes me feel good)

**Move my body** (when I'm at home this is a non-negotiable, but in the form of a workout on vacation, the goal is more intuitive - walks, playful movement, etc

**One veggie per meal** this just helps me feel my best and avoid bloat on vacation.

**Quiet 15** set your intentions for the day, stretch and breathe.

**Joy** enjoy your vacation!

## *Let's reflect...*

Take a quiet moment to yourself. Imagine your IDEAL vacation week. What will make it the most fulfilling? What will bring you back recharged?





# EXPECTATIONS

## Go with the right mindset.

As a fitness professional, if you are already on a fitness journey, then go on your vacation with a mindset of staying steady where you are, and not expecting gains in your weight/fat loss journey.

If that happens, then great. If you remain steady and don't go backwards, then that is actually progress!

Remember that on average, people gain 5 pounds on vacation... we aren't here for that!!

Check out my habit tracker on the next page to keep you in check on vacay!



# HABIT TRACKER

## About the habit tracker,

Habit trackers are a great tool that allows you to take your intentions and immediately put them into practice. For me, a habit tracker is a visual promise to myself that I will follow through on what is a priority for me. Use this habit tracker for those priorities - whether it is water, mindful movement, unplugged hours with your family or daily journaling. Use this space to keep your promises to yourself.

DATE: \_\_\_\_\_

WEEK: \_\_\_\_\_

HABIT	1	2	3	4	5	6	7
1. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# SNACKS

Be prepared to make the healthy choice on the go!

Pack LOTS of snacks that are good for you -- like beef jerky, dried fruits, nuts, and popcorn. Then actually CHOOSE them when others may be yanking out the Doritos. During the car or plane ride you will be prepared to NOT grab a Snickers bar! To BE different we have to DO different. If you need to invest in a small nutri bullet or something similar, then do it! This will be key in you staying satisfied and not blowing it nutritionally every day.

## LAPIN SNACK LIST

- Clean beef or turkey jerky
- Nuts
- Veggies (carrots, celery, tomatoes, or cucumbers) with hummus
- Berries
- Smoothie with almond or any base & one cup frozen berries and protein powder
- Hard-boiled egg
- Clean protein bar (Larabar, RX Bar, Perfect Bar, True Bars)
- 1/2 avocado topped with Everything But The Bagel seasoning
- Lean organic meat (turkey or chicken)
- Edamame
- Apple with peanut or almond butter





# PROTEIN

## PROTEIN CONTENT OF WHOLE PLANT FOODS - VEGAN FRIENDLY

Food	Serving Size	Calories	Protein
Tempeh	150g	186	22.5g
Tofu, extra firm	150g	166	19.9g
Lupini beans, cooked	1/2 cup	100	13g
Legume Pasta, cooked	1 cup	185	11.4g
Edamame Beans, cooked	1/2 cup	127	11.1g
Whole Wheat Bread	1 slices	181	9g
Lentils, cooked	1/2 cup	115	8.9g
Peanut Butter	2 tbsp	176	7.3g
Black beans, cooked	1/2 cup	120	7.1g
Red kidney beans, cooked	1/2 cup	110	7.1g
Nutritional yeast	2 tbsp	60	7g
Hemp seeds	2 tbsp	111	6.3g
Chickpeas, cooked	1/2 cup	114	5.8g
Rolled oats	1/2 cup	153	5.3g
Freekah	1/2 cup	124	4.4g
Quinoa, cooked	1/2 cup	111	4.1g
Chia seeds	2 tbsp	97	3.3g
Seitan*	1/2 cup	138	27.5g
Plant protein powder*	1 scoop (30g)	102	23g

\*While these are technically processed foods, they can be part of a healthy diet, particularly for people who are highly active. I see these foods as tools to increase one's total protein intake without consuming animal products or ultra-processed vegan foods that are rich in saturated fat and refined sugars.





# PLAN AHEAD

Start with grocery shopping to stock up your vacation spot with healthy options, make it look like your fridge at home.

## THE LIST

- Cut up Veggies & Hummus
- Protein Smoothie
- Deli Meat
- Hard Boiled Eggs
- Protein Bites
- Homemade Protein Bars
- Muffins
- Egg Bites
- Fresh Fruit (berries, bananas, apples)
- Nut Butter
- Cheese





## PLAN AHEAD

If you are going somewhere that has a kitchen, make a plan to “eat in” some. Talk with your family/friends about this beforehand. We try to eat in at least half of the nights we are away, and definitely not eat out for every meal. Out at restaurants, our meals can have 50% more calories and inflammatory oils and additives than we have at home. I know we often want vacation to be a time of relaxation, which, for many means time away from the kitchen. Instead, ask others in the group to be in charge of dinner some. This is a KEY strategy. The restaurants 2-3 times a day for several days in a row kills your goals.

When you do go to restaurants, make the best choices possible, but allow yourself a total “treat meal” a time or two.

We want a balanced, sustainable, enjoyable lifestyle. That means we don’t believe in deprivation!

See the following for “healthier” on the go options.



# FAST FOOD

## STARBUCKS

- Egg Bites
- Spinach, Feta & Egg White Wrap
- Turkey Bacon & Egg White Sandwich
- Rolled & Steel Cut Oatmeal
- Protein Box



## CHICK FIL A

- Grilled Chicken Sandwich
- Spicy Southwest Salad
- Grilled Nuggets
- Cool Wrap



## SUBWAY

- Turn any sub into a salad
- Ask for double meat
- Chicken Bacon Ranch Wrap
- Grilled Chicken Wrap



## WENDY'S

- Southwest Avacado Salad
- Grilled Chicken Sandwich
- Chili
- Jr. Bacon Cheeseburger



# COFFEE ORDERS

## KEEPIN IT SIMPLE

- Ask for drip coffee
- Ask for half & half or no cream
- Ask for one packet of zero calorie sweetener

## COLD BREW + FLAVOR

- Ask for cold brew
- Ask for a splash of half & half
- Ask for one pump of flavor

## BROWN SUGAR CINNAMON LATTE

- Ask for a grande americano
- Ask for blonde espresso
- With two shots of espresso, four pumps brown sugar, one zero calorie sweetener
- Ask for splash of half & half with cinnamon on top

## SUGAR COOKIE COLD BREW

- Ask for a grande cold brew or cafe misto (hot)
- With two pumps of sugar cookie, two pumps sugar free vanilla & a splash of half & half





# BOUNDARIES

Be careful not to let peer pressure get the best of you.

No matter what people are doing around you, remember your “big why.” You must stay true to your mission of feeling well and getting healthy and fit. This must override your desire to not stand out and eat/drink differently than those around you. Get used to this... because a consistent healthy lifestyle, many times than not, is gonna stand out.

It's all about finding the balance that works for you!





# GET MOVING

Move your body everyday!

Whether it be a FASTER Way workout with bands using your app, bodyweight exercises such as squats/pushups/sit ups, etc, or just a long walk... just MOVE it!

Check out some ways to get movement in below.

**TOTAL BODY**

**LEG DAY**

**HIIT**

**INSTAGRAM**

# FINAL NOTE

Continue as many of my wellness strategies as possible, when possible, like intermittent fasting, hitting your protein macros, getting a good night's sleep, and ALWAYS crush your water goals!! Remember that you have a clear plan with accountability and community to come home to!

Lastly, remember that what you do 85% of the time is going to be reflected in your results. Keep this mindset while traveling. Have fun, splurge a little!

---

## *Find this guide helpful?*

If yes, keep it to use as a tool on your next vacation!

We focus our work on training individuals and small groups at all stages and all ages.

My extensive knowledge of implementing sustainable clean eating habits and living a healthy lifestyle made my partnership with The FASTER Way to Fat Loss a natural fit. As a certified coach/trainer, I work closely with my clients to build a personalized program designed to ensure results through cutting-edge fitness and nutrition strategies.

It is not just one single part that makes a successful outcome, but a well balanced program consisting of nutrition, movement, flexibility and overall self esteem.

Check out my website for [more information](#) on FASTER Way and local Strong Foundation business. Follow me on [facebook](#) and find me on [instagram](#)!