

90 MINUTE MEAL PREP HACK



STEP 1

Place all groceries on the counter. Don't put anything away yet!



STEP 2

Preheat oven to
400°



STEP 3

Turn music on (Music is a must or a motivating audiobook)



STEP 4

Put week's poultry and potatoes into glass baking dishes adding only spices, nothing else.



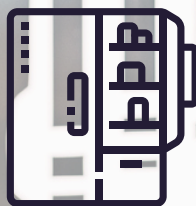
STEP 5

Put dish into oven.



STEP 6

Once the oven is at 400°, set a timer for 35 min for chicken and 70 min for potatoes.



STEP 7

Put veggies into freezer/fridge.



STEP 8

Put refrigerated items like egg whites away.



STEP 9

Put rice in rice cooker if you have one. If you do not have one, here are easy instructions.



STEP 10**RICE**

Put brown rice and water together in a pot with a lid. Use the ratio of 1.5 cups water to 1 cup dry rice. If you are making it for the week, just add up your cooked rice portions.

EXAMPLE

7 days of .5 cups of cooked brown rice would be 3.5 cups of cooked rice. Now take 1/3 that amount and that will be the uncooked amount you need to put into the pot..



Set the heat to maximum and bring the rice/water to a boil uncovered. Then bring it down to a simmer until all water is absorbed.

Turn off the heat and let the rice sit in the covered pot for another 10 minutes.

Take rice out and use a measuring cup to put it into your tupperware for the week.

**STEP 11****PASTA**

Take water to a boil. Use the ratio of 1.5 cups water to 1 cup pasta. If you are making it for the week, just add up your cooked pasta portions.

EXAMPLE

7 days of .5 cups of cooked pasta would be 3.5 cups of cooked pasta. Now take 1/3 that amount and that will be the uncooked amount you need to put into the pot.

**STEP 12**

Wash out any tupperware that need to be washed from the week before.

**STEP 13**

Place on the counter for when you take meats outs.

**STEP 14**

Place all meat into large Tupperware. Save 2 meals worth for the next day or make all your meals at once.

**STEP 15**

Put the other ingredients for meals into prepped meal containers for next day or just put them all into a single larger container that you then take from daily to make meals for each day.

STEP 16

Eat one meal according to the plan as a nice reward for your hard work.



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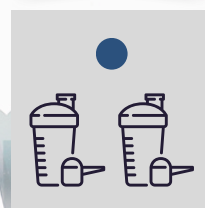
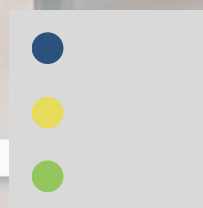
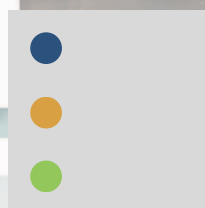
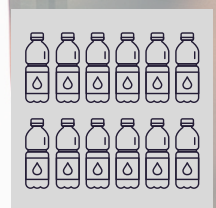
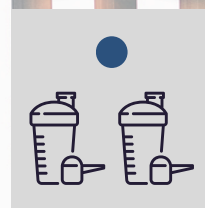
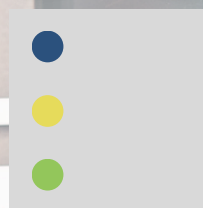
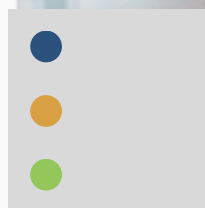
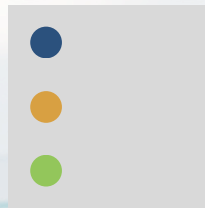
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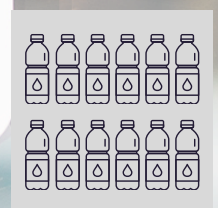
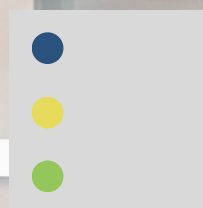
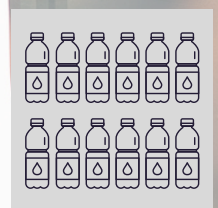
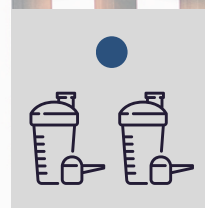
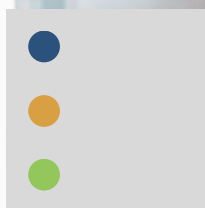
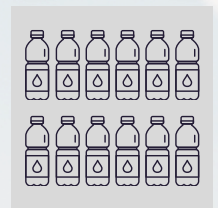
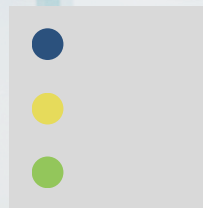
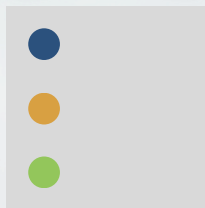
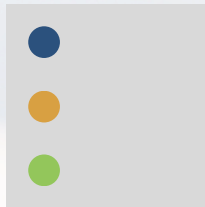
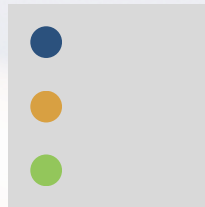
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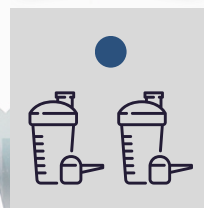
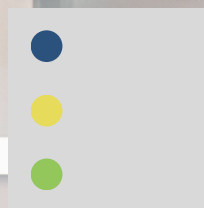
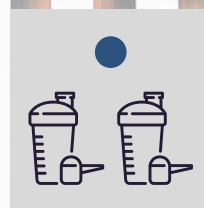
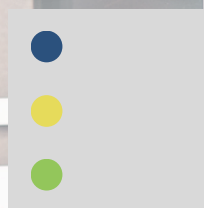
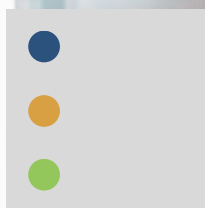
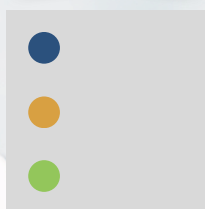
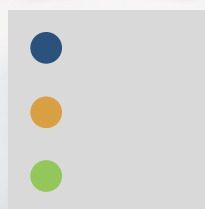
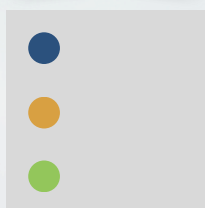
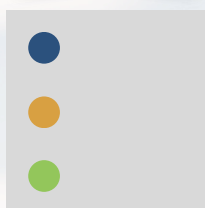
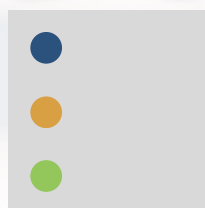
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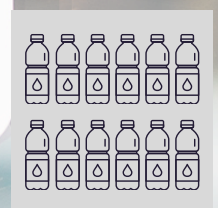
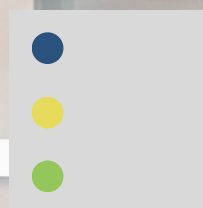
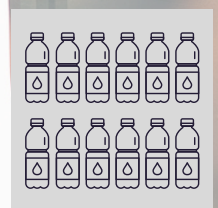
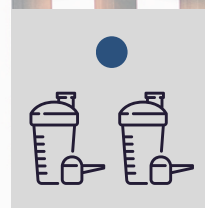
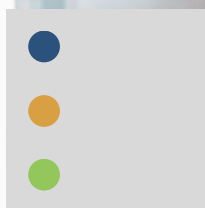
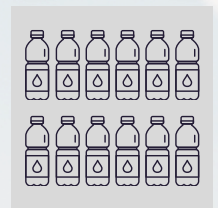
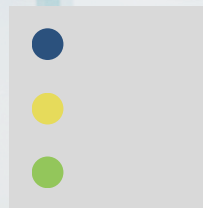
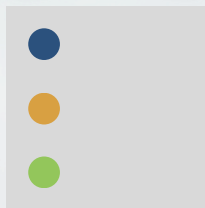
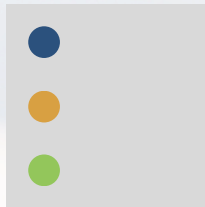
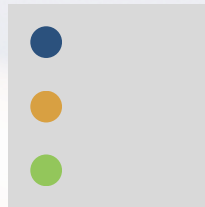
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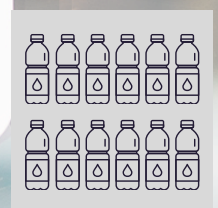
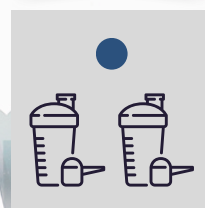
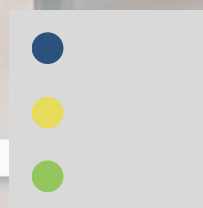
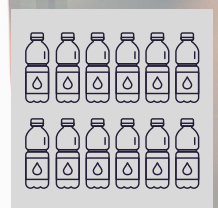
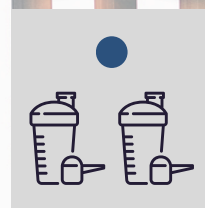
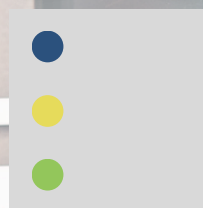
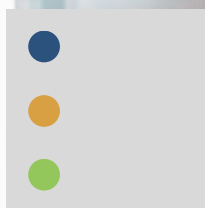
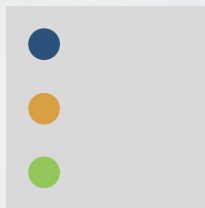
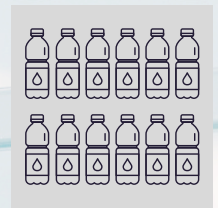
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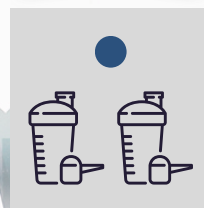
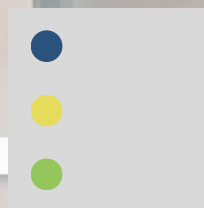
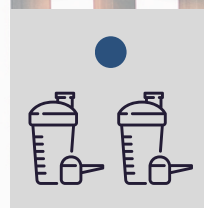
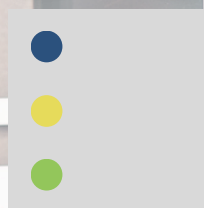
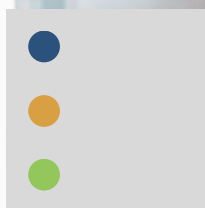
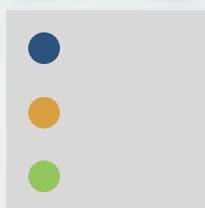
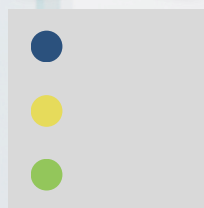
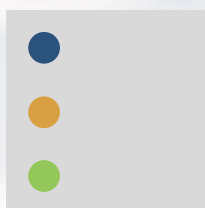
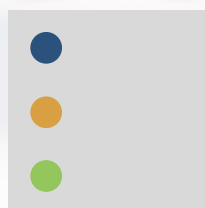
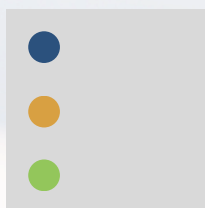
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FRUITS: AM I ALLOWED TO HAVE IT?

We'll be honest. We were going to disallow fruit because it is high in sugar, but decided that giving you guys foods that would help you to comply with the meal plan is more important than having it be totally perfect.



Whether you're dieting or not, any fruit is better than none! After all, every fruit (high-sugar or not) has at least some nutritional value, and they're all better for you (and your waistline) than a pint of beer. Generally speaking, we should eat more fruit, not less.

If you're wondering whether to grab an apple or a banana, below are 3 higher-sugar fruits to avoid as well as more ideal options you could have if you really feel the need.

YES



Berries



Small, sweet, and packed with nutrients. Berries are one superfood that can impact your health far more than the typical fruit with only 50-90 calories per cup and 3-5 grams of fiber depending on the type of berry. Toss berries into your salads or add a dollop of 0% Greek Yogurt to a bowl of mixed berries and snack on them!

Apples



A small apple has a GI of 28 compared to a banana's 70. They take longer to digest, has 5 grams of fiber compared to 3 grams in bananas and they're loaded with disease-fighting antioxidants for only 65-80 calories. Eat them whole, or spread them with almond or peanut butter for extra staying power!

Grapefruit



For the same amount of weight as an orange, half of a medium-sized grapefruit has only 25 GI compared to 50 for an orange. It also provides only 46 calories while orange has 62. Add grapefruit slices to a summer salad or toss bits of it with green onions and rice vinegar and serve alongside salmon!

NO



Watermelon



It's lower in fiber and higher in sugar than many other fruits out there.

Bananas



They are high in calories with 100-120 and have a higher glycemic index than any other fruits.

Oranges



Oranges are okay to eat but just be careful as they do have more sugar and calories than some other citrus fruits. Stay clear of the juice as it's almost if not as much sugar as a can of Coke.

HABIT FORMING CHEAT-SHEET DIRECTIONS

STEP 1

Choose a Habit

Choose 1 habit at a time for the designated time period to focus on.



STEP 2

Start Small

Rather than trying to do something amazing from the beginning, start small and gradually improve.



STEP 3

Stay Committed

Commit to 42 days of putting effort forth to build this habit.



STEP 4

Fill out this Sheet

Fill one of these sheets out for each habit you are looking to build/change.



HABIT FORMING

Redesign your Habits, Rebuild your Life.

HABIT: _____

TIME: _____

DAYS COMPLETED (CHECK OFF AS YOU GO)

01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42



TRIGGERS



(When this happens, I will complete my habit.)



REWARDS

(Every time I complete this habit, I will do this.)

WHAT'S MY WHY? WHAT WILL IT COST ME IF I DON'T FORM THIS HABIT?

#WINS

(Every time you do something to reinforce your habit, write it down.)

WHEN YOU DON'T FEEL LIKE IT...

(Trigger emotion through these reinforcers.)

NUTRITION & OTHER FAQs

FAQ #1

What if I go out of town? What if I eat at a restaurant?

Working Out



You can make up workouts that you miss during any of the weeks before or after your challenge. Also – use the home workouts that you can do in your hotel gym or room.

Nutritionally



Do not let prior beliefs limit you. You **can** eat out and follow this program. The key is to make the plan livable for long-term results. When eating at a restaurant, don't feel restricted by the menu—order based on your needs.



Ask the server:

"What proteins do you have today?" "Can you grill, bake, or steam any of those?" Awesome. Now carbs. "What Starches do you have? Rice? Potatoes?" "Can you grill, bake, or steam any of those?" Awesome. "What veggies do you guys have?" "Can you grill, bake, or steam any of those?" Awesome. Always prioritize protein and veggies, and make the meal work for your goals.

FAQ #2

I'm feeling stuffed. Is that normal?

Yes, this is completely normal, especially when transitioning to nutrient-dense foods that are high in volume but low in calories.

For example, 6 egg whites have only about 102 calories.

It's a lot of food, but don't mistake fullness for weight gain.



FAQ #3

I can't poop. What should I do?

Increase fiber by adding more veggies. You can also try adding fiber to support digestion. Light activity, like a 5–10-minute walk after meals or other light activity such as doing chores, can help regulate bowel movements and even improve insulin sensitivity. Oh yeah, drink plenty of water!



FAQ #4

I'm having trouble eating all the food. What should I do?

We encourage you to try to get all the food in, but you can spread your meals out throughout the day if needed. If you still can't fit it all in, reduce the carb portions, but always eat your protein, veggies, and fats. Protein is the priority. If you still have trouble getting your meals in after a week or so, you may need to drop down a level in the meal plan. Confirm with your coach!



FAQ #5

Can I have XXX, even though it isn't on the plan?

No, stick to the plan. We have designed it to be inclusive of everything you need. Check the condiments and flavor enhancers section for calorie-free options.



FAQ #6

I'm getting tired during workouts. What can I take for energy?

Try **VMI Sport** as your pre-workout for an extra boost if needed. Fatigue may also be due to poor sleep quality, so prioritize your sleep schedule to optimize your recovery and re-charge for the day. Don't forget, eating all your carbs before your workout also helps with sustained energy!



FAQ #7

My weight loss is slowing down. Should I cut the protein?

Absolutely not! Protein is essential for body recomposition, muscle recovery, and fat loss. Cutting protein will hurt your progress. Inadequate protein intake also contributes to cravings and temptations to eat the wrong foods. Don't worry, protein doesn't easily convert into fat, so keep it as a staple in your diet.



FAQ #8

Why is there no fruit on this meal plan?

While there are some fruits under the carb section, we limit them because fruit, although healthy, can trigger sugar cravings in some people. Since fructose replenishes liver glycogen instead of muscle glycogen, we prefer that you get most of your complex carbs from starches to maximize fat loss during this phase of the plan.



FAQ #9

I'm so tired of eating chicken every meal. Can I mix and match?

Absolutely! You can split your portions across different protein sources. This is why we have plenty of options for each category (protein, carbs, fats, and veggies).

If you prefer to eat the same meals over and over that is completely fine, but please know you have flexibility to use different sources of protein, for example, to help switch things up!

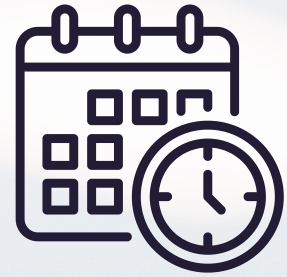
Also, don't forget you can explore different recipes from the group to keep it fun and varied.



FAQ #10

I couldn't schedule a class. Can I still come?

Yes. You need to come to class. Just come in and we can resolve it.



FAQ #11

My schedule forces me to eat dinner close to bedtime. Isn't eating before bed bad for you?

Eating before bed is often wrongly linked to weight gain. Historically, this is because people tend to make bad food choices at night.

Stay disciplined with your diet because overall consistency with your diet trumps meal timing!



FAQ #12

What should I eat before or after my workouts?

Pre-workout: Focus on carbs and protein (such as oats and egg whites) 1-2 hours before exercise.

Post-workout: Prioritize protein and carbs (such as chicken and rice) for muscle recovery and glycogen replenishment.

VMI Protolyte (protein powder) can be used as part of your pre-workout meal and/or post-workout meal. Refer to the recommended serving size based on your meal plan level.



FAQ #13

Can I use a protein shake to replace my breakfast, lunch, or dinner?

Yes, but it's best to limit it. Your plan includes 3 whole food-based meals and 2 protein shakes as snacks. On occasion, you can use protein powder as part of one of those whole food meals, but only for convenience. It's recommended to stick to 3 whole food meals with 2 protein shake meals on most days.



HOW DOES THE SHAKE WORK?

1 scoop of protein with water, unless your plan specifies otherwise. If you're still hungry after a shake, add more water or use ice to bulk it up.



I CAN'T DO DAIRY. CAN I HAVE THE SHAKES?

Yes, you can. Lactose is removed during the whey protein isolation process, so unless you have an actual whey allergy (which is rare), you're good to go.



WHAT SHOULD I DO IF I LEAVE FOR 5 DAYS DURING THE CHALLENGE?

Make up missed workouts before and after your trip. Pack meals where possible, and stick to eating lean meats and veggies from grocery stores or restaurants that cater to your needs.



I WON'T MAKE MY NORMAL CLASS TIME. CAN I COME TO ANOTHER TIME?

Of course! Feel free to attend any available class. No need to inform us—just scan in and go for it.

FAQ #14

I haven't been losing weight. Should I cut out all my carbs?

No. We'll handle the adjustments. Cutting out carbs can work in the short term, but in the long run, it can slow your metabolism. Carbs play a critical role for thyroid function, energy production, and a strong metabolism. Stick to the plan, and we'll make necessary tweaks.



FAQ #15

Can I have vegetables that aren't on the "Don't list"?

Yes, you can have green, leafy veggies. Stick to veggies that are low in starch and avoid gourds like winter squash and eggplant. Summer squash like zucchini or yellow squash are fine!



FAQ #16

Should I only eat “organic” food?

It's up to you. Organic food is not necessary for weight loss but may benefit long-term health. If you're on a budget, feel free to go with conventional produce without worrying about it impacting your results.



FAQ #17

Should I cut out all of my salt?

No, not at all. Salt is essential, especially since you'll be sweating more. It often gets a bad reputation because of the highly processed sodium found in packaged and fast foods, which can negatively impact health. However, when you're eating whole foods and mainly cooking at home, salt helps with key processes, especially in fat loss.



FAQ #18

How much water should I drink?

Aim for 80-120 oz of **spring water** per day or adjust based on how hydrated you feel. If you aren't used to drinking water, it will feel like a challenge at first but break your water intake down to smaller goals throughout the day to help ensure you are intentionally keeping hydration a priority.



FAQ #19

If I lost 7 lbs+ in my first week, is that bad?

Not at all! Many people experience an initial drop in water weight during the first week. Keep going—you're on the right track.



FAQ #20

Can I juice?

If you must, juice only green, leafy veggies and limit it to 4-5 oz, which counts as your carb portion. Chewing your veggies is preferable.



FAQ #21

Are there cheat days/meals?

Nope! For the next 42 days, we're focused on establishing a baseline of consistency and eliminating bad habits before we moderate anything. Cheat meals can disrupt your progress, and there's no time for that. Stick to the program to maximize your results!



FAQ #22

What if I have food allergies or sensitivities?

Let us know, and we'll help adjust the plan to fit your needs. For common allergens like gluten or dairy, we can offer substitutions like gluten-free grains or dairy alternatives.



FAQ #23

What if I feel hungry after meals?

Try adding more low-calorie, high-fiber veggies like leafy greens, cucumbers, or celery to your meals. Drinking more water can also help curb hunger, as hunger is sometimes confused with dehydration. Chew your food thoroughly—aim for at least **20-30 chews** per bite to help with digestion and fullness.



FAQ #24

Can I drink alcohol during the program?

Avoid alcohol at all costs during the challenge as it can interfere with your progress by adding empty calories and affecting recovery. In the long term, if you must drink, we recommend sticking to lower-calorie options like spirits with soda water.



FAQ #25

I feel bloated. What should I do?

Bloating is common, especially when making significant dietary changes—even when it's a healthy improvement. Your body is likely adjusting to the new foods. Bloating may also result from increased fiber intake. Chew your food thoroughly and drink plenty of water. If the issue persists, we can explore specific foods that may be contributing to the problem.



FAQ #26

Can I do intermittent fasting?

Yes, as long as you're still getting in your recommended portions based on your specific meal plan level.

Consistency is key. We can adjust the plan to fit within your eating window as long as you continue to meet your calorie and macronutrient goals.



FAQ #27

Can I have salmon on this plan?

Yes, but during the challenge, we recommend limiting it to 1-2 servings **per week**. Salmon and sea bass are great sources of healthy fats and protein, but they also count as a fat serving for the day. The specific guidelines for salmon are outlined in your meal plan!



FAQ #28

What about summer squash, zucchini, and other squashes like butternut and acorn?

Summer squash and zucchini are great options and can be included as veggies since they are low calorie carbohydrates. However, winter squash such as butternut and acorn squash are higher in carbs and are considered starches. You can treat them like you would potatoes or rice and count them as part of your carb intake based on your recommended serving size.



FAQ #29

Why aren't egg yolks allowed on this plan?

Egg yolks are allowed, but they count as fats. They contain healthy fats and important nutrients, but they are higher in calories and fat than egg whites alone. Refer to your specific meal plan to see how to incorporate egg yolks into your diet during the challenge.



FAQ #30

Why are some veggies on the "no" list?

Certain vegetables are on the "no" list because they are either starchy (like potatoes) or higher in sugars (like corn or peas), which can hinder fat loss progress during this particular phase. We prefer low-carb, leafy greens and non-starchy vegetables to help keep carb intake low and consistent with your plan. If you're unsure about a particular vegetable, just ask!



FAQ #31

Are there any recommended pasta or noodle options?

Traditional pasta isn't recommended due to its higher calorie density and lower nutritional value, but if you'd like to incorporate it on occasion, a good rule of thumb: 1/2 cup of cooked rice is roughly equivalent to 1/3 cup of cooked pasta or noodles in terms of carbs.



RESTAURANT ORDERING SYSTEM

RULE 1

There are a few exceptions but virtually every restaurant's menu can be modified in order to fit a healthy lifestyle.

RULE 2

You do not HAVE to eat out. You can always wait until you get home, or back to a hotel. Your metabolism will not slow down.

RULE 3

"Can you GRILL, BAKE, OR STEAM that?" is the question you will ask when ordering food at any restaurant.

RULE 4

For portions, stick with the rough estimate on the top of your plan using your hand.

DO NOT ORDER OFF THE MENU. OBSERVE WHAT PROTEINS/ CARBS/ VEGGIES ARE ON THE MENU, THEN CHOOSE FROM THERE.

STEP 1

Pick Your Protein

These will be your most likely sources:

- *Chicken Breast (skinless)
- *Pork Tenderloin
- *Jerk Chicken
- *0% Plain Greek Yogurt
- *Any White Fish

- *Egg Whites
- *0% Cottage Cheese
- *Any Shellfish
- *99% Lean Turkey Breast or
- 99% Lean Ground Turkey



Ask them, "Can you grill, bake or steam that?"

STEP 2

Skip Your Fat

We do this because fats on their own are difficult to measure and often are used on top of foods on your meals out. Even when asked to put on the side, eyeballing table spoons etc is a surefire way to get in trouble, so just skip it.



STEP 3

Skip Desserts, Appetizers, & Alcohol

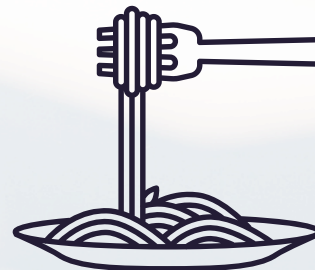
People want you there because of who you are. Not because of what you drink or eat with them.



STEP 4**Pick Your Carb**

These will be your most likely sources:

- | | |
|--------------------|-------------------------------|
| *Mashed potato | *Cooked quinoa |
| *Cooked white rice | *Pasta |
| *Any berries | *Any beans |
| *Cooked brown rice | *Rolled oats |
| *Mashed red potato | *1 piece of fruit (fist size) |
| *Ezekiel bread | |



Ask them, "Can you grill, bake, or steam that?" and be sure to leave out any added oils.

STEP 5**Pick Your Veggie**

These will be your most likely sources:

- | | |
|--|-----------------------------|
| *Steamed asparagus | *Steamed broccoli |
| *Salad (no dressing use lemon juice or light balsamic) | *Mixed greens (no dressing) |
| *Steamed green beans | |



If it's not a cold-served veggie, ask them, "Can you grill, bake or steam that?" and be sure to leave out any added oils.

Additional Tips

- **Intentionally increase your daily steps by walking as much as possible**
 - Taking a 5-10min walk especially after meals, can help improve digestion, improve insulin sensitivity, and help balance out any extra calories you might consume while dining out or traveling.
- **If you're in a situation where you can't fully control the food**, like when a casserole or similar dish is served, remember that portion control is always within your control. Simply serve yourself a smaller portion to stay on track.
- **If you go over to a friend's house:**
 - **Option #1:** Plan ahead by eating beforehand and then lightly snack while you're there, focusing on grilled meats or other protein options. Serve yourself so you can control portions.
 - **Option #2:** Let your host know ahead of time that you'd love to bring some meat and vegetables to share. Cooking together is a great way to bond, and bringing food shows you're a thoughtful, low-maintenance guest.

SAUCE & SEASONING GUIDE

As long as it has 0 calories, you can have as much as you want!



Walden Farms 0 Cal Coffee Creamers



Walden Farms 0 Cal Salad Dressings



Walden Farms 0 Cal Salad Syrups



Walden Farms Fruit Spreads



Walden Farms Dessert Dips



Walden Farms 0 Cal Chip Dips



SAUCE & SEASONING GUIDE

As long as it has 0 calories, you can have as much as you want!



Flavor God Seasonings



McCormick Grill Mates



Kernel Season's Popcorn Seasoning



Ground Cinnamon



Salt and Pepper



Sugar Free Sweetener



Mrs Dash



SAUCE & SEASONING GUIDE

Additional sauces that are approved for the challenge:

- **Hot Sauce** (e.g., Tabasco, Cholula, Tapatio)
- **Soy Sauce or Tamari** (gluten-free version)
- **Coconut Aminos** (soy-free alternative to soy sauce)
- **Yellow Mustard, Dijon Mustard, or Southwest Hot Mustard**
- **Salsa** (check for added sugars)
- **Vinegars** (Balsamic, Apple Cider, Red Wine, Rice Vinegar)
- **Lemon or Lime Juice** (fresh or bottled)
- **Pickle Juice** (for briny flavor)
- **Bragg's Liquid Aminos** (another soy sauce alternative)
- **Frank's Red Hot** (most varieties)
- **Worcestershire Sauce** (regular or low-sodium)
- **Liquid Smoke**



TRAVELING ON TRACK

Remember, while you're traveling/eating out, it's important to keep your goals in the forefront of your mind. This is a lifestyle and each new experience where you are challenged with figuring out how to keep your momentum while moving toward your goals is a chance to learn and grow! Take advantage of the opportunity.

TIP #1

Plan in Advance

Account for what a day of eating may look like ahead of time. Choose a mix of foods that you are able to bring yourself, as well as some you may be eyeballing while out to eat or in a social setting.

Ask your Hotel for a Refrigerator



They must provide you with this if you explain you have a medication that requires refrigeration, this way you can keep leftovers in there, or go to a local grocery store and grab some fresh fruit/veggies.

Invest in a Small George Foreman



With this and a fridge you can essentially make fresh proteins on demand! You can cook eggs, chicken, fish, you name it. Get creative!

TIP #2

Eating out at a Restaurant?



Look up Nutritional Information

Look up nutritional information before ordering, then decide if you should eat whole, half, third, or what not. If the restaurant does not offer nutritional information, look up on MyFitnessPal, a more common restaurant that has a similar dish! No it will not be 100% accurate, but that's not going to make a difference in the long run.



Get Comfy on Asking Orders

Get comfortable being the person who asks for a specific order. Almost any restaurant will provide you with non sautéed, baked options at your request. Simple meat with vegetables and a side salad is incredibly easy to request anywhere. Stop letting yourself convince you it's rude to be 'picky' – you deserve an enjoyable experience eating out without anxiety!



TIP #3**Stay Hydrated**

Drink more water than you think you need. Carry an empty bottle with you on all flights and wherever you go. Often when people travel they feel unusual hunger due to actually being dehydrated! ESPECIALLY if you're drinking more alcohol than usual – it is vital that you still drink your water, as well as EAT.

PRO TIP: Bring an empty canister with you through airport security and fill it up before your flight!



EASY PACKABLE FOODS FOR TRAVEL/ON-THE-GO



Quest Bars/
Kind Bars



Almonds/Walnuts/
Pistachios/Peanuts



Peanut Butter/ Almond
Butter Individual Packets



Rice Cakes



Protein Powder



Oats (Pre-bag mixed
with cinnamon/stevia)



Pre-made Protein
Pancakes



Tuna Packets



Microwavable
Rice Container

REDEFINE



TRAVEL TRICKS



TRICK 1

Look up hotels in the area before you book to see which have kitchens. If you can, get one of these.



TRICK 2

If it is unclear on their website, call to ask if the hotel has a microwave and/or fridge in the room.



TRICK 3

If a hotel does not usually have a fridge in the room, it can sometimes be added.



TRICK 4

Alternatively, if a hotel does not have a fridge you can purchase an inexpensive Styrofoam cooler locally on arrival and keep it cold using ice from the hotel ice machine.



TRICK 5

If a hotel does not have a microwave in the room you can usually ask the kitchen to use theirs.



TRICK 6

Also look online prior to arrival to determine whether a hotel has a gym that meets your needs. If you're unsure, call or email to ask.



TRICK 7

Before you book, also look online to determine the locations of the closest grocery stores (and a gym if this is needed outside of your hotel).



TRICK 8

If driving, pack foods in a cooler and bring with you. You can load them into the hotel fridge upon arrival.



TRICK 9

If flying, precook meats in advance and freeze them. Or freeze whole meals (meat and carbs) in Ziploc bags and pack. Some report items staying frozen for up to 15 hours. Doing this negates the need for ice packs.

REDEFINE



TRAVEL TRICKS



TRICK 10

Ice packs, if thawed so they contain liquid, will often need to be thrown out by security.



TRICK 11

Pack a cooler with you to take as carry-on so you can eat on the plane.



TRICK 12

Bring Tupperware with you and wash it in hotel sink upon arrival.



TRICK 13

Purchase Ziploc steam bags. Good for cooking vegetables in the microwave.



TRICK 14

If you don't want to bring a lot of food, you can ship it ahead of you to meet you at the hotel.



TRICK 15

If you have a kitchen, get grocery store/butcher to cut meat into proper portions.



TRICK 16

Most hotels have oatmeal and fruit as standard items at breakfast. Add eggs or a protein shake and you're good to go. (Obviously depending on what you actually have on your plan)



TRICK 17

When you arrive in town (or even before) call Applebee's, Chili's, Outback, or similar. They will cook chicken breast and/or other meats and sell as a party platter. Often you can add some broccoli and orders of baked potatoes. Typically packaged in foil containers that can be stored in hotel fridge.