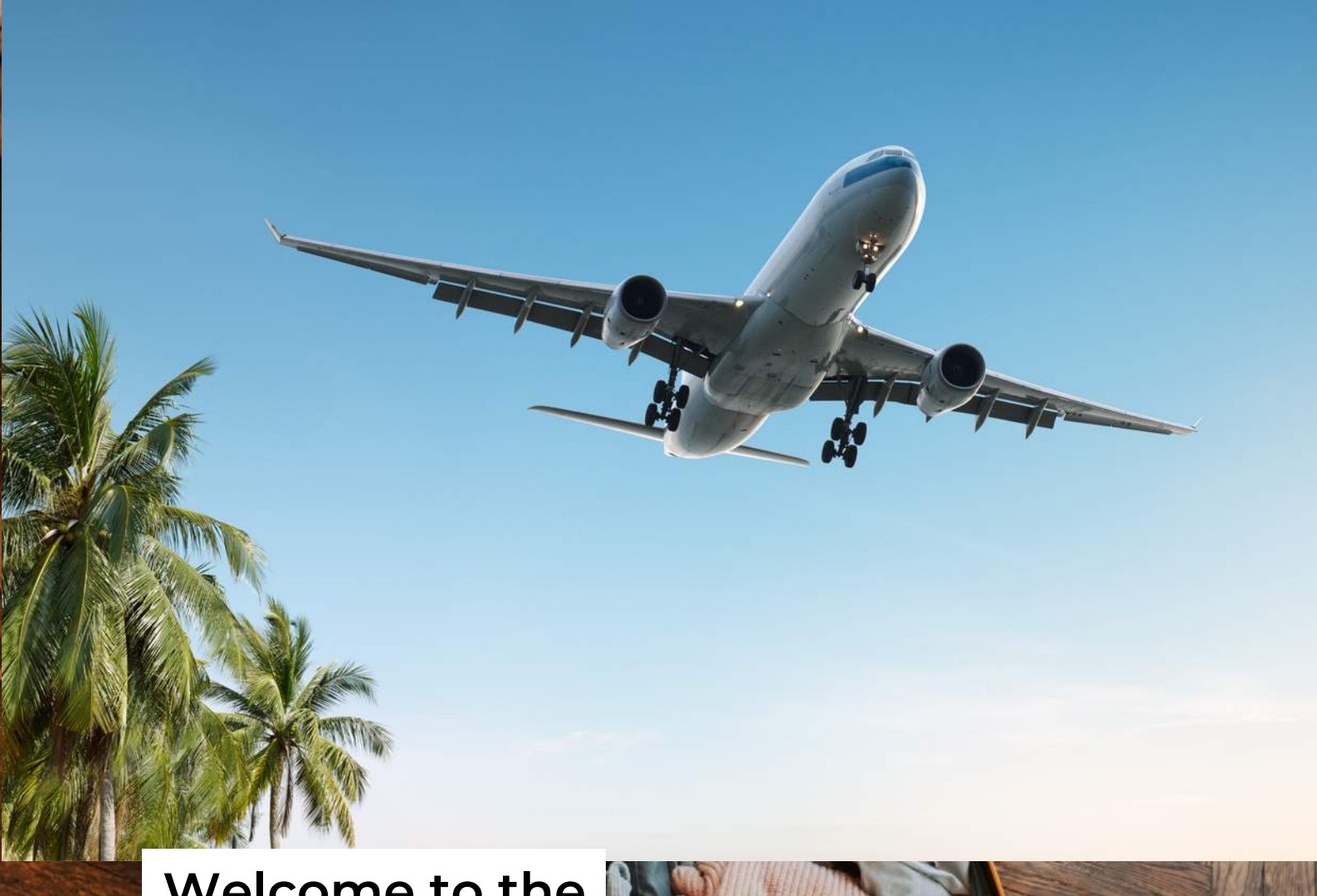




ON THE GO *HEALTHY*

Travel Guide

LISA HOLTAN



Welcome to the

Travel Guide

Whether you are headed on a road trip, headed on vacation, or just a busy lady 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 gas station snacks , my favorite snacks to pack (there's a difference I swear!), and my favorite (healthy-ish) on the go fast food orders.

Because after all, healthy-ish is what we're aiming for, right?

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.



hey there I'm Lisa

Snacks are my love language and traveling is a personality trait at this point.

I'm here to walk you step by step through my process of creating my healthy travel itinerary - from setting intentions, to creating a habit tracker, packing snacks, prepping no-equipment workouts and movement, and finally (a bonus) creating the perfect packing list.

Being an organized (and healthy) traveler is a MUST for me. It helps me feel my best and let's me truly unwind while on vacation.



SET YOUR

Non-Negotiables

01

Now I hear you - I'm going on vacation, not picking a forever partner, what do I need non-negotiables for?

Great question.

Non-negotiables are a way of creating a promise to yourself and deciding what is most important to you. Taking time to reflect **BEFORE** you go on vacation can help to be sure you get everything out of vacation that you're hoping to.

Do I expect you to pull out your list at every second?

Definitely not.

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)
- One veggie per meal - this just helps me feel my best and avoid bloat on vacation.
- Quiet 15 - I take fifteen minute in the morning to enjoy my coffee and to practice gratitude, breathe + remember my intentions.
- Joy - on vacation, I love to do something that day that brings me immense joy - a game, walking on the beach, reading.

reflection time

BEFORE YOU GO ON VACATION

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



ON THE GO

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: _____

HABITS	1	2	3	4	5	6	7
1 _____	☐	☐	☐	☐	☐	☐	☐
2 _____	☐	☐	☐	☐	☐	☐	☐
3 _____	☐	☐	☐	☐	☐	☐	☐
4 _____	☐	☐	☐	☐	☐	☐	☐
5 _____	☐	☐	☐	☐	☐	☐	☐
6 _____	☐	☐	☐	☐	☐	☐	☐
7 _____	☐	☐	☐	☐	☐	☐	☐
8 _____	☐	☐	☐	☐	☐	☐	☐
9 _____	☐	☐	☐	☐	☐	☐	☐
10 _____	☐	☐	☐	☐	☐	☐	☐

Check-in

01
02
03

[illegible]



LET'S TALK ABOUT

Snacks, baby

ON THE GO VS PACKED SNACKS

I broke this next section down into three categories, on the go snacks, fast food pick ups, and packed snacks. For me, it all depends if we're flying, driving, and if I have time to even think about it in the first place.



Convenience Store Snacks

THE LIST

- Fruit (bananas, apples)
- Trail Mix or Almonds
- Greek Yogurt
- Hard Boiled Eggs
- Beef Jerky
- Protein Bars (My favorites are Go Macro, RX bars, Clif Bar Builders),
- Naked Smoothies
- Carrots
- String Cheese
- Pretzels + Hummus



Packed Snacks

THE LIST

Honestly, this list will include a lot of the snacks from gas station plus a few homemade favorites!

- 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

ON THE GO

Coffee Orders

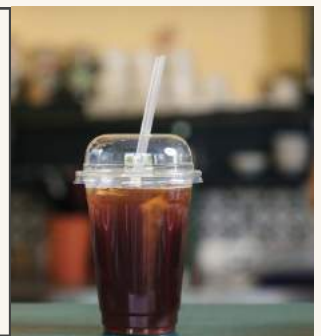
COFFEE | KEEPIN IT SIMPLE

ASK FOR A DRIP COFFEE
ASK FOR HALF AND 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 AND HALF
ASK FOR ONE PUMP OF FLAVOR CHOICE



BROWN SUGAR CINNAMON LATTE

ASK FOR A GRANDE AMERICANO
ASK FOR BLONDE ESPRESSO
ASK FOR TWO SHOTS OF ESPRESSO
ASK FOR FOUR PUMPS OF BROWN SUGAR
ASK FOR ONE ZERO CALORIE SWEETENER
ASK FOR SPLASH OF HALF + HALF AND CINNAMON ON TOP



SUGAR COOKIE COLD BREW

ASK FOR A GRANDE COLD BREW OR CAFE MISTO (HOT)
ASK FOR TWO PUMPS OF SUGAR COOKIE
ASK FOR TWO PUMPS OF SUGAR FREE VANILLA
ASK FOR A SPLASH OF HALF & HALF



**FOR MORE HEALTHY-ISH COFFEE ORDERS -
CHECK OUT [THE MACRO BARISTA](#)**

ON THE GO

Fast Food

STARBUCKS

EGG BITES
SPINACH, FETA AND EGG WHITE WRAP
TURKEY BACON AND 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 (LOVE GRILLED CHICKEN!)
ASK FOR DOUBLE MEAT
CHICKEN BACON RANCH WRAP
GRILLED CHICKEN WRAP



WENDYS

SOUTHWEST AVOCADO SALAD
GRILLED CHICKEN SANDWICH
CHILI (DON'T KNOCK IT TIL YOU TRY IT!)
JR. BACON CHEESEBURGER



FOR MORE HEALTHY-ISH FAST FOOD OPTIONS
- CHECK OUT [CHEAT DAY DESIGN](#)



WORKOUTS

Give one of these a try



Working out on vacation is fun for me, but when I don't have the time to get a full workout in (or I don't want to!) I aim to get some steps in or do something active to keep me feeling good.

Here a few no-equipment workouts to try on the go:

[WORKOUT_LINK](#)

[WORKOUT LINK](#)

[WORKOUT LINK](#)



BONUS Packing List

CLOTHING <i>by occasion</i>		EASY TO <i>access</i>	
☐	OCCASION: OUTFIT:	☐	_____
		☐	_____
		☐	_____
☐	OCCASION: OUTFIT:	☐	_____
		☐	_____
		☐	_____
☐	OCCASION: OUTFIT:	☐	_____
		☐	_____
☐	OCCASION: OUTFIT:	TOILETRIES + <i>accessories</i>	
		☐	_____
☐	OCCASION: OUTFIT:	☐	_____
		☐	_____
☐	OCCASION: OUTFIT:	☐	_____
		☐	_____
		☐	_____
☐	Pajamas Underwear Bras Socks Shoes (active) Shoes (casual) Shoes (fancy)	☐	_____
		☐	_____

FINAL NOTE

Memories over Macros

This guide is all about traveling with intention. And if you have health goals like me, or just truly enjoy feeling your best, this guide can truly help you do that while you travel.

But as always remember, your memories with your kids, your significant other, your friends and your family come first.

So get out there, enjoy that ice cream, that cocktail with your dinner and that first sip of decadent coffee that feels like vacation.

I'm rooting for you, friend!



Was this guide helpful?

I truly hope this was helpful for you - it was so fun to put together. Hey, would you do me a favor? Come follow along on instagram and don't hesitate to slide into my DMs! And if this was super helpful? Would you share it with a friend? Or add it to your story and tag me with what you found most helpful!

Instagram @lisaholtan