



With all the travelling I've been doing lately, I've learned a lot about staying on track with my goals (macro tracking and training). These are some of my best tips and tricks to make tracking your macros a little easier, whether you're at an all-inclusive resort or in a hotel.

GOING TO AN ALL-INCLUSIVE RESORT?

CHECK YOUR BUFFET SERVINGS.

Fill up on meat and vegetables first (have your first buffet plate as a big salad to fill up and get your nutrients into your body), and then go for a second plate with your other choices that might not be as 'macro-friendly' for your goals. Don't be afraid to have a little dessert every day/night, as that might help ward off possible 'overindulging' (or binging) later in your week.

GOING TO A HOTEL?

DO YOUR RESEARCH.

First, you'll want to make sure that your hotel room (or similar where you're staying, ex. AirBnB) has a fridge and/or microwave for your food. This will make your food access a lot better. If you don't have one in your room, you can ask the front desk and they should be able to provide you with these appliances. Then you'll want to find out what's around you, like restaurants and grocery stores. Keep your snacking options simple, preferably as simple protein and carb options. I usually get smart choices like plain rice cakes and beef jerky. These are nearly isolated protein and carb sources, which saves a lot of other calories (most of my fats) for the most enjoyable restaurant meals when I do go out, usually once a day.

DON'T GO OVERBOARD.

I like to limit my restaurant meals to once a day, and that's all the variables that I prefer to work with. This makes adhering to my macros a little easier, and if there's something that does bother my stomach or make me feel a little off, then I can usually figure out where that came from and make other choices moving forward.

GOOD FOR BOTH TYPES OF TRAVEL:

SNACK ATTACK.

Bring some of your favourite travel-friendly snacks or sample packs, like Canadian Protein single-serve protein powders. These are only a couple dollars and you can try out so many styles or protein and different flavours. These sample packs are great for airport-friendly options as well, and you can easily get them through security. Other smaller pre-packed options like hard-boiled eggs, beef jerky, smaller packs of trail mix, or protein bars.

Side note on protein bars: check out my blog post about this topic, to learn how they can possibly affect your digestion.

LOAD UP ON PROTEIN.

I find that hitting protein targets while travelling is usually the first macro to fall behind, so I like to make sure I get a protein heavy breakfast. This makes hitting my targets later in the day a little bit easier. I usually opt for egg whites or protein powder as a more pure protein source, which helps save my carbs and fats macros for more delicious meals later in the day.

BRING A TRAVEL SCALE.

You can bring both a mini food scale and a travel-safe bodyweight scale, if that's really important for you. Again, remember there are going to be variables during your time away, so you don't need to be exact with everything, but if that reduces your worry or anxiety, then it might be a safe option for you. You can get these on Amazon.



DON'T BE AFRAID TO ASK FOR MODIFICATIONS.

Remember this is your vacation! If you're getting a meal cooked for you, make sure it's what you want, especially if you're paying for it. I've never had an issue with asking the server for modifications to the menu items, so don't be worried about asking. Some things I like to ask for is for the food not to be cooked in oil or butter, dressings on the side, no added seasonings (where all the sodium hides!) and usually for the vegetables to be steamed instead of roasted. Now this isn't going to make your macro targets perfect, but it does eliminate some of the variables and makes your guesstimating a little more friendly and realistic.

WATCH YOUR SODIUM.

No matter where you go for food, you're always going to get added sodium to the food, because that's what makes them tasty! You can ask for no added seasoning or salt, or even dressing on the side, but when you cannot avoid the extra sodium (especially when you're not used to intaking a lot) then make sure you're drinking plenty of water to help flush that out! Now you might not be able to flush it all out so your weight might be up a little bit the next day, but remember this is just water retention, and if you're adhering to your goals and targets, we know that's not a sign of fat gain.

HYDRATION!

Stay hydrated to help balance your digestion, flush out excess sodium, and prevent any headaches (that usually happen when you go to a warmer climate.)

PACK SOME SUPPLEMENTS.

Bringing supplements like digestive enzymes, powdered greens and probiotics are all smart choices to keep your body as balanced and 'regular' as possible. If you're getting probiotics, make sure they're shelf stable, because the ones that need to stay refrigerated will waste during travel.

UPON YOUR RETURN BACK TO YOUR HOME AND ROUTINE:

Remember that you went away for a few days and you didn't sabotage your progress by any means! Sure, there were a few variables beyond your control, but it's only a few days and we can bounce back fairly quickly. If you were smart and honest with your tracking, it should only take a couple days to drop the water/sodium retention that you gained, and your muscle memory will spring back in a couple training sessions. If you're feeling off, there's a few extra protocols you can implement to help you feel back to your normal self:

- get a good night's sleep
- drink plenty of water
- replenish with electrolytes (like Ener-C powdered packs) if you're feeling a bit of a headache
- opt for a healthy colon hydrotherapy session (one of my travel staples! Check out my blog post about keeping your colon healthy with this painless process)
- add in a bit of extra cardio (a good steady-state session—or two—might be good for your mind and body to ease back into routine)
- choose wholesome nutrient-dense meals for a few days, full of protein and fibrous vegetables to regulate your body and put more minerals and vitamins back into your system
- ease back into training with lighter reps and sets; don't try to go HARD AF on your first day back

Remember that you're going away (hopefully!) to relax and enjoy yourself for a few days. It's important to remember that this is all about balance, and how that looks in your life. You don't need to track every single macro to the gram, but if you have really tight goals and want to adhere to your plan, this is a great resource to keep on hand for your travelling.

Eat with balance. Lift with passion. Live with intent. Join #courtsathletes and live your success!