

## Vacation Tips

***Planning a vacation and you're on Step 1 or 2 of the ITG plan. Here are some traveling tips.***

***You don't have to go off of your diet just because you are on vacation!***

You simply have a couple of choices:

- 1) I am going to stay 100% on the program
- 2) Go to Step 2 of the program
- 3) I am going to eat very low carb and fat - kind of on the program
- 4) Heck NO. I am on vacation and I am going to do whatever I want!



What category do I fall into of the above?

- 1) If you say # 1, I'm staying 100% on the program, then you will need to plan your meals with ITG protein foods and take them with you. If you have access to a microwave, which a lot of hotels do have, you will have more choices. If not, then make sure you bring bars, puddings and drinks along with some of the other comfort products like the cheese puffs, chips, etc. You can get a bottle of water almost anywhere to make a shake. You can also use our new ITG Shake Mix Bottles that all you have to do is add water!
  - + I have never had the airlines or customs take away my ITG foods from my bag. Except the readymade in a carry-on. And it broke my heart when they took my ready-made vanilla...now you can carry-on the new ITG Shake Mix Bottles! So only take the packaged foods. And don't forget your shaker cup and get the small size of sea salt and put it in your purse.
  - + Take the individual packages out of the boxes to pack in your suitcase. This will give you more room for your clothing and other personal items. Always pack some in your carry-on, too. Some snacks and drinks are the best and easiest. You can purchase a bottle of water in the airport and take it with you.
  - + Plan your meals. How many days will you be gone? What will you have for each meal?
  - + Don't deny yourself from going to restaurants. Just make sure you follow the food products you cannot have. And don't be afraid to ask how they prepare their entrées? No butter, what kind of oil do they use when cooking?
    - + Dinner - Lean whole protein 8 oz, and veggies (ask them to steam or grill)
    - + Watch the dressings. Oil and vinegar is your friend. And don't forget to add a splash of fresh lemon or lime.
    - + Watch out for fancy sauces and marinades. They will have extra fat, carbs and calories.
    - + Tell your server not to even bring the bread plate. Or if you are dining with friends just request to have it at the other end of the table.
    - + Stay on track, never go hungry and you will do just fine.
- 2) **Go to Step 2.** This is easy. Just have your ITG food for breakfast and your nighttime snack. For lunch and dinner eat at a restaurant or cook. 8 oz of protein plus 2 cups of veggies and a salad. (same rules as above)

- 3) **Kind of on the program.** Ask your coach about the optional plan. This allows you a fruit, a grain and a fat once a day. You are not resting the pancreas; however, you should continue to lose weight. When you return back home go back to the regular program.
- 4) **If you choose #4 Then you need to plan ahead to phase off the program.** Work with your coach to phase off the program at least 2 weeks before your vacation. It is imperative you do an accelerated Step 2 to make sure your body is producing insulin correctly. If you just jump off the program you will shock your system, and by eating carbs and sugars you may actually gain weight back quickly.

Enjoy your vacation, however, try to make good choices. Try to separate your carbs and fats in your meals like you are in Step 3 (Your success). Try to make good choices. Ask your coach for the Step 3 document. One great thing about the ITG protocol is the knowledge to know that you can get back on the program and lose that weight you have put on very quickly. I would recommend taking a few ITG products with you like some bars, a few drinks and snacks. This will help you in an emergency.

When you return from your vacation, call or email your coach and get back on Step One of the program.

#### **Some other hints.**

If you travel by car, always have some ITG packets with you. You can get a bottle of water anywhere. Have a cooler with some fresh veggies with you. Make good choices when you eat at restaurants. If you are visiting friends and family tell the cook you are on a special diet and offer to pick up some produce at the local grocery store if convenient. Always have your emergency stash of ITG in your purse.

If you are traveling on business and have meals provided this can be a little tricky. If it is something that you can request ahead of time, ask for any of the meats to be prepared sauce free, grilled, and not fried, no butter on the veggies and no dressing on the salads. If this is totally out of your control, eat what you can and always have your ITG products for backups. Stay away from alcohol; instead have a club soda with lemon or lime. If you do have alcohol, then do not have a dessert that day.

#### **Suggestions for some of your meals if you do not have any ITG food with you.**

**Breakfast.** This is an easy one. An ITG bar with a cup of coffee or tea. If you don't have an ITG product with you a good choice is 2 eggs - however ask how they are going to cook it. Scrambled, poached, in an omelet with some veggies. Stay away from the cheese!

Lunch: 5-8 oz of Lean meat, veggies and salad. No butter, no sauces, watch your dressing, oil and vinegar.

Dinner: 8 oz of lean meat, veggies and salad. No butter, no sauces, watch your dressing, oil and vinegar.

#### **Have a great vacation!**