



## Detox Travel Tip Guide

Let's face it: Even the best-laid plans are more difficult when we are traveling. And, oh man, the temptation to just try this or that at the famous local restaurant (which, invariably, is never "on-plan" and likely very unhealthy).

Over the years, our private clients and their EPIC Health Coaches have compiled strategies to stay on plan, while traveling, and still enjoy the social experience of travel. The following are some of the best tips and tricks we employ and recommend to all our fellow travelers:

- **PLAN AHEAD, AND PLAN SOME MORE!** - Particularly, plan on how many meals you could prepare vs. how many you will eat out. We often look ahead for local grocery stores and restaurants (thank you Google!).
- Consider purchasing food from grocery stores along the way, rather than trying to haul all groceries for a trip (especially if it's more than a couple days).
- If there are *absolutely no* good options, consider water fasting for the meal or the day.
- Travel by car when you can - it's often easier to pack your personally prepared food than finding something to eat "on the road".
- If you are traveling by plane, you will want to do a little shopping when you get to your destination. Look ahead to coordinate stopping by a grocery store before arriving at your final destination, thereby arriving with on-plan food and supplies.
- Choose a grocery store or grocery store deli over a restaurant whenever possible; Also, cheaper and no tip necessary
- More food, better options, more control over food choices
- If you are unfamiliar with the hotels you are staying at - call ahead and ask what type of amenities are in the room. You are looking for a room with a fridge (ideally that has a small freezer compartment), coffee machine, and a microwave.
- Consider staying at an AirBnB, VRBO, etc. so you have access to a kitchen - stove & fridge - yay!
- Travel hotels like Quality Inn, Holiday Inn Express, AmericInn often have all three. These types of lodging are usually not more expensive!
- If you request a refrigerator be placed in your room, many will accommodate that.
- It's good to check if there is a freezer so that you can re-freeze your ice packs if needed.
- Choose your lodging near a natural foods market (if possible).
- Pack your own cutlery, paper towels, plates, extra Ziploc bags and tupperware containers (for storing food/leftovers) - often times, packing the food in your own

bags and containers will save much more space than taking the food in its original packaging.

- Try a travel cooler, many equipped with USB plug-in to stay cold while driving.
- A secondary (and smaller) cooler for packing a lunch. This allows you to pack food for the day without hauling a full size cooler in and out of the hotel/lodging.
- Do your best, but don't beat yourself up!

### Tips For Dining At A Restaurant

- Choose steamed veggies (or double veggies) instead of starches (avoid the rice, pasta, bread, potatoes, etc).
- Grilled chicken or fish, never breaded, never fried.
- If salad, order dressing on the side.
- Request olive oil and vinegar, fresh lemon slices.
- Bring own spices (e.g., Herbamare, Frontier Simply Organic seasoning blends).

### At A Hotel

- Request plates and cutlery to use in room.
- Make a big salad in your room using cut up veggies, romaine, preservative-free deli meat, berries, salad dressing, \*nuts/seeds (\*Remember to stick to the ones on the EPIC Five Shopping List - due to lectins).
- Bring a small blender or NutriBullet-like product from home to easily make your own shakes and smoothies in your room.

### Prep Food Before Your Trip

- Cut up lots of raw veggies and keep in Ziploc bags - can be eaten raw, cut up into salads, roasted (if kitchen available)
- Carrots, celery, broccoli, cauliflower, cucumbers (skinned, no seeds), radishes, etc.
- Romaine lettuce leaves in another bag (lettuce wraps, salads)
- Make a batch of seed crackers (using chia, hemp, and flax seeds, this is a great recipe: <http://ohsheglows.com/2012/01/31/endurance-crackers/>)
- Homemade jerky (or store-bought, no preservatives)
- Instant Pot chicken
- Cauliflower rice
- Hard-boiled \*eggs (\*It is recommended that eggs are avoided the first time completing the EPIC Five Plan Detox and then following the guideline to reintroduce food slowly as outlined later in this guide book)
- Smoked salmon
- \*Trail Mix - nuts, seeds, coconut chips/flakes, dark chocolate chips (homemade is best!) (\*Remember to stick to the ones on the EPIC Five Shopping List - due to lectins).
- \*Energy Balls (<https://detoxinista.com/date-energy-balls-vegan-paleo/>) (\*It is recommended that "Energy Balls" are avoided the first time completing the EPIC Five Plan Detox and then following the guideline to reintroduce food slowly per EPIC recommendations).

- \*Homemade hummus (or store-bought) (\*It is recommended to follow the EPIC Lectin Preparation Guidelines (Lectin Prep Guide handout) for how to prepare legumes such as chickpeas).
- Avocados/Guacamole
- Berries
- \*Yogurt, plain, organic, low-to-no sugar (can add berries or \*trail mix) (\*While many people do not tolerate cow dairy due to the lactose, casein, whey, and other noxious chemicals, some people are able to tolerate some yogurts. After your first detox, you may consider reintroducing either a Greek Yogurt (like Chobani) or a goat/sheep yogurt. There are vegan versions out there, but watch out for all the added sugars. Again, think as few ingredients as possible)
- Organic, Pasture-Raised, Preservative-Free Deli Meat (for lettuce roll-ups)
- Shakes- Take 1 quart freezer Ziploc bags and place greens, protein powder, greens powder, any other powdered superfoods you may be using outside of your EPIC Five Plan (like matcha, for example). Squeeze the air out and it will be very compact. If you have a small blender or something like a NutriBullet - it's a portable tool to help take care of breakfast in the mornings
- Greens drink powder, single serve packets available on Fullscript.com
- If you use MCT oil - Bulletproof makes individual serving packets so you do not have to take a large bottle with you
- Tea bags, herbals, organic (Bulletproof brand) coffee, Bulletproof InstaMix packets
- Homemade salad dressing, or store-bought - Primal Kitchen brand - pro tip: use honey sparingly (<http://paleogrubs.com/salad-dressing-recipes>)