



**GENESIS**  
*Health Solutions*  
WHERE HEALTH BEGINS



# TRAVEL AND EATING OUT GUIDE



*You can do anything you set your mind to.*

*-Benjamin Franklin*

Staying on track while traveling can be tricky, but definitely can be done! The first thing to do is to plan, prep, and prepare. Making a plan ahead of time is important, as we are more likely to slip back into unhealthy patterns when we don't have a plan.

Overall, avoiding sugar and carbs and trying to stick with lean proteins, veggies, and berries or green apples is a good place to start. When traveling and staying with friends or relatives, you cannot control your environment 100% of the time, but with a plan in mind you have a comfortable place to start.

The restaurant guide on the following pages is helpful for guidance while eating out and ideas for substitutions. Searching for restaurants ahead of time will prevent stressful, quick decisions while on the road. You can search for healthy restaurants, or paleo-friendly restaurants on sites such as Yelp or Trip Advisor. Another idea is to view menus ahead of time and decide on your meal before you arrive.

Most restaurants will have proteins and vegetables/salads, but finding the right fruits and healthy fats are difficult. Bring your own berries/sliced apples/orange segments in a baggie for your salad or on the side. Take a small container with your own dressing or healthy fat. Kerry Gold butter can be unrefrigerated in a sealed container and is perfect over beef, chicken or vegetables. If you are unable to get fruit, eat 2 cups cooked or 3 cups raw veggies.

If you have access to a car, you may also stop at a grocery store for additional snacks (e.g., almonds, berries, green apples, etc.). Pack a cooler with on-plan snacks or prepare and freeze Pure Vitality shakes ahead of time for the road. Having a plan in mind helps to decrease stress and increase confidence to stick to your choices, especially if relatives aren't sure how to assist you.

If you are going to a large group dinner with a set meal at a restaurant or event, call ahead to ask what grain-free options they have and ask for an alternative. Most places know how to assist individuals with food allergies and special dietary needs and can guide you to other options.

Do what you can and let go of what is out of your control. Have a great time traveling, utilizing your plan with approved tips and tricks! Remember, those "special" days with your family, friends, or co-workers don't happen every day.

Avoid ordering before-the-meal "extras" like cocktails, appetizers, bread and butter because these are often sources of extra fat, carbohydrates, and sugar. Order a seltzer with lemon or lime as a pre-dinner drink and ask for steamed vegetables or a salad prior to your meal as an alternative option.

Ask for butter, dressings, and sauces to be served on the side, so you are able to control the quantity you consume. This way, you can add the recommended amount appropriate for your body.

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## HEALTHY CODE WORDS WHEN DINING OUT

Look for code words like **baked, broiled, grilled, poached, roasted, steamed, or garden fresh.**

**Choose desserts carefully.** Fresh fruit or fruit ices are great alternatives to more traditional desserts. Another idea is to prepare one of the delicious Genesis Health Solutions dessert recipes and suggest dessert at home. Several of our clients enjoy freezing a Pure Vitality shake with or without berries and eating it like a frozen treat in place of ice cream.

**Don't hesitate to ask your server** how particular foods are prepared or what ingredients they contain. Ask whether the restaurant can prepare your food to order.

- Ask the chef to leave out or go light on salt, dressings, sauces, oil, and butter. Then, add your seasonings at the table.

**Ask if smaller portions are available** such as a lunch or half portion. You may also consider sharing an entrée. If smaller portions are not available, ask for a to-go box when you order and place half of the entrée in a box to eat later.

**Ask whether healthy substitutions are possible.** For example, if a dish comes with French fries or onion rings, ask whether you can get grilled or steamed vegetables, a salad, or fruit on the side instead.

**Ask for a Gluten Free Menu.** Gluten free menus and foods are much closer to plan than regular menus. However, just because a food is gluten-free, does not mean it is good for weight loss. Gluten-free pasta is still very high-glycemic.

## MAKING BETTER CHOICES WHEN EATING OUT



### Healthy Chinese Food

Thumbs Up: steamed or stir-fried chicken, beef, bean curd, or vegetable dishes. Ask the cook to use less oil and NO MSG!

Thumbs Down: Egg rolls, egg drop soup, fried wontons, Lo Mein, Moo Shu, General Tso's Chicken, Sweet and Sour Pork, white and fried rice. They are prepared with a lot of inflammatory oils, sodium, sugar, and MSG.



### Healthy Choices for Indian Food

Thumbs Up: Tandoori meats, vegetables or dal curries and shish-kabobs. Southern Indian food offers vegetarian dishes with cauliflower, tomatoes, eggplant, and chutney.

Thumbs Down: Samosas, potatoes and rice



### Mexican Food Fiesta

Thumbs Up: Share chicken or beef fajitas with onions and peppers and eat with a fork. There are often similar dishes containing simply protein and vegetables... ask!

Thumbs Down: Chips, fried tacos, refried beans, quesadillas, rice, and chimichangas. These are loaded with inflammatory fats and sodium.



### Healthy Italian Food

Pasta is the essence of Italian dining and will spike insulin levels from the carbohydrate load. Pasta should be avoided.

Thumbs Up: Look for options like chicken or fish with light sauces like primavera (vegetables); marinara (tomatoes, garlic, and onion); or clam sauce. Have minestrone for starters, a salad, or grilled artichokes. Some restaurants now serve zucchini noodles, as well.

Thumbs Down: Fried calamari, bread, or pastas stuffed with cheese.



### Greek Food to Savor

Thumbs Up: Appetizers with eggplant, tomatoes, baba ghanoush, tabouli, and dolmas. Shish kabob, chicken, and wild-caught fish dishes are very flavorful and plentiful.

Thumbs Down: Hummus, feta, moussaka, gyros and baklava.

*The best preparation for tomorrow is doing your best today*

*-H. Jackson Brown*

# ON THE ROAD

Sometimes, food choices can be limited on the road. Here are a few suggestions for help when traveling.

**Convenience Store/Gas Stations:** We all know this is not the best place to find healthy choices, but there are some things you can pick from using the “Good, Better, Best” principle after gassing up your vehicle:

- *Proteins:* Boiled eggs (2): many convenience stores have recognized that their patrons are looking for healthier protein alternatives. You can find boiled eggs in packages of two for your protein choice, and oftentimes pre-packaged grilled or baked chicken. Just make sure you watch your 3 ounces of protein at each meal!
- *Fresh Fruits:* The rule of thumb when it comes to fruit and traveling... go with anything that ends in “berries” (strawberries, blueberries, raspberries, blackberries). Green apples and oranges are great options as well!
- *Vegetables:* Vegetables are the hardest to find while traveling. Many gas stations/convenience stores have some sort of fast-food restaurant attached to them. Subway and Arby’s will allow you to request just the vegetables for purchase. Usually, the cost is very nominal.
- *Healthy Fats:* Sunflower seeds or pumpkin seeds are a great choice for healthy fat. Just monitor your portions.
- *Alkaline Water:* Here are some great alkaline bottled water brands you may find at a gas station or convenience store: Essentia, Qure, Ethos and Fiji are all common brands of bottled water with a high alkalinity. (Your alkaline wand is also very beneficial while on the road. If you are unable to find a good alkaline water bottle, make sure to use the wand!)

# COMMON QUICK-SERVICE RESTAURANTS

**Subway:** A fantastic place to find healthy choices. You can request a “bowl” or salad instead of a sandwich. Choose the oven-baked chicken, then add your favorite approved vegetables. You may also add a bit of olive oil and a sprinkle of salt and pepper for added taste or bring along your own dressing.

HINT: Add another chicken breast and make it two meals!

**Chick-Fil-A:** Grilled nuggets or chicken breast with lettuce and tomato are always a delicious choice with a side salad or fresh fruit. The Grilled Market Salad also contains chicken and fruit. For the Cobb Salad, ask for grilled chicken and hold the corn and cheese. While not totally on-plan, they are much better choices on the road.

**Garbanzo/Mezeh Mediterranean Fresh:** Their salad options are a great choice. Pick your protein, add veggies and ask for sauce on the side. Just grab some water with lemon for your drink!

**Fast Food Burger Restaurants:** Ask for your burger in a bowl or a lettuce wrap, with tomato and onion. Ask for salads and see if they have gluten-free options that might be closer to plan.

There are other quick-service restaurants while you are on the road that have healthier choices, as well. Chipotle, Zoe’s Kitchen, Cava, and Roots are other great options with plenty of choices.

Your main focus while on the program is getting 3 ounces of protein, one cup cooked or two cups raw vegetables, a serving of fruit, and 1 Tbsp essential healthy fat. If you are unable to find healthy fruit, eat 2 cups cooked or 3 cups raw vegetable instead. Remember to drink ½ of your body weight in ounces of alkaline water, unless otherwise recommended.

# EATING OUT

**Avoid ordering before-the-meal "extras"** like cocktails, appetizers, bread and butter because these are often sources of extra fat, carbohydrates and sugar. Order seltzer or spritzer with a bit of juice as a pre-dinner drink, you can ask for vegetables and dip prior, or a salad prior to your meal if helpful as well.

**Ask for butter, cream cheese, salad dressings, sauces and gravies to be served on the side**, so you can control the quantity you consume. **MAKE SURE YOU ASK FOR REAL BUTTER** as most restaurants will serve whipped margarine because it is less expensive. Then you can add as you know appropriate for your body.

**Clues to Healthy Code Words** Grilled chicken vs. fried chicken; broiled fish vs. fried fish. When dining out, look for code words to healthier foods with less saturated fat. Look for things that say "baked, broiled, grilled, poached, roasted, steamed, in its own juice, or garden fresh."

**Choose desserts carefully.** Fresh fruit, fruit ice, sherbet, are good alternatives to more traditional desserts. If you need a chocolate fix, go for a flourless chocolate cake to decrease the sugar and carbohydrate content.

**Don't HESITATE to ask your server** how particular foods are prepared or what ingredients they contain.

**Ask whether the restaurant can prepare your food to order** – for example, by leaving off or going very light on dressings, butter, cheese or other high-fat items. Ask the chef to prepare the food with very little butter or oil or none at all and ask if it's possible to add the seasonings at the table.

**Ask if smaller portions are available**, such as a lunch or half portion or whether you can share entrees with a companion. If smaller portions aren't available, ask for a to-go box when you order and place half the entree in the box to eat later.

**Ask whether healthy substitutions are possible.** For example, if a dish comes with French fries or onion rings, ask whether you can get grilled vegetables, salad or fruit salad on the side instead.