

Holiday Survival Cheat Sheet

Do you often get derailed after a long weekend or family holiday? If this is the case, you need try a different approach. The key is to maintain some semblance of routine, and set a target.

Morning of departure

- Weigh yourself (if you are going away for a long time try taking your scales!)
- Set target – are you going to gain or maintain? Be realistic.
- Be clear on what the intentions of your holiday are. Are you going shopping? Are you going for experiences? To try the local cuisine that you can't get at home?

If you are going somewhere new, why would you buy food and takeaways that you can get at home? For example, why go to McDonalds in New York City when you can get that here? If you are going to a new town or country, go and try the things that you can't get at home. These new experiences are what we are often looking for while on holiday.

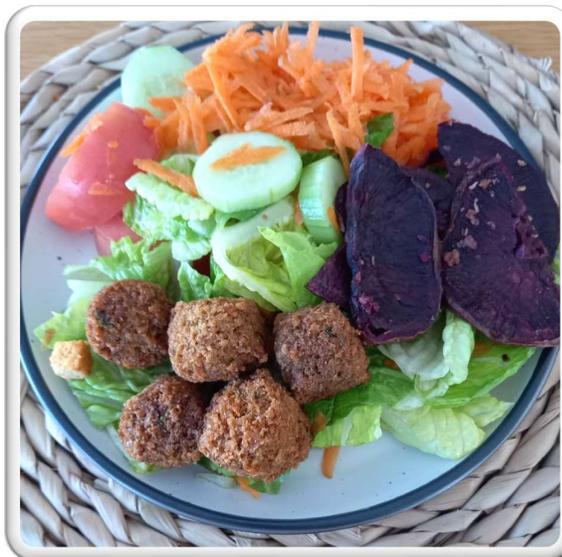
During your break – Some Ideas to Maintain a Routine



- Have breakfast in your hotel/accommodation. A fresh fruit salad is perfect. Above is an example of what we ate on holiday.
- Set non-alcohol days
- Aim for 2.5ltrs of water per day
- Get lemons for morning lemon juice. This helps the liver detox
- Try something new off the menu. Below is a pumpkin gnocchi Steve ordered at a restaurant while the kids had pizza and burgers



- Take lunch/snacks with you to help control appetite. Below are some salads we made at our hotel for lunch.



- Taste anything you want to that is an experience – that is why you are on holiday!

Airports & Cafes

Airports have really improved their healthy options.

Finding green smoothies, salads or juices is relatively easy. They may not be very filling though and may only keep you going for a couple of hours. Below is a banana mango smoothie at Auckland airport. Small and expensive! Therefore, if you are about to embark on a long flight, you will need to rely on the food on the plane. Just do the best you can.





Cafés will now offer an alternative milk option. This means you can get banana berry smoothies with almond milk if you are travelling by car and stop in a town somewhere. This could be enough to keep you going for a couple of hours.

Pictured here is a green spinach, cucumber, mint and celery juice I had at a juice bar before catching up with an old friend for a night of beer, pizza and rugby.



Pictured on the left is a halloumi and grilled chicken Greek salad. The kids had pizza of course!

Here are some healthy options I found at the theme parks we visited. Here is a fruit salad and a chickpea, roast capsicum and kidney bean salad. Very nice!



Exercise while on a break

One of the best ways to keep your exercise going, bodyfat burning and bowels moving is a morning walk.

When you sleep well, you still wake up early, refreshed and ready to go. Start with your lemon juice, then head out for a 40 minute walk. The lemon juice helps your liver send toxins to the bladder and bowel ready for removal. Daily bowel movements are key to keeping your weight off.

Exercise in your hotel room is great too. Try doing 50 squats, 50 push ups, 50 crunches and 50 jumping jacks/star jumps.

The Morning after your return home

On the first morning after you return home, I recommend you follow this routine:

- Juice fasting – 500ml lemon juice, then 15 to 30 minutes later 500ml of celery, cucumber and apple juice. Repeat the celery, cucumber and apple juice two hours later
- Lunch – salad or berry banana smoothie
- Sip 250ml of water every couple of hours
- For dinner stay on track with your veges and a palm size piece of animal protein
- Zero alcohol day
- Consider a walk
- Get to bed on time

This routine will take some practice, but it works! Attitude is important. Aim to be better than you normally are on holiday, and this will help you maintain your health and body shape for years to come!