

G-Fit Travel Tips

**Tools and Secrets to
staying on track while
on the go**



Your Must Have Essentials

Oatmeal

You will be surprised, you may think that oatmeal is a staple in anyone's house but often it isn't our healthy oats, it is the type loaded with sugar so be safe and bring your own. If you are traveling to a hotel, of course a restaurant typically has regular oats but save the time and money and bring your own oats to have on hand.

Rice Cakes

Rice cakes make the best travel friendly and Gina Approved healthy carbs. They require no cooking and are so easy to take on the go. Whether you crumble them into a cereal with your protein shake, spread your protein pudding over top, eat them with your salad or with lunch meat, they make a super easy grab and go option.

Protein Powder (**Devotion Nutrition**)

Whether you pack your protein in a zip lock baggie or use the convenient single serving travel packs, protein powder makes getting in your protein so easy on the go. I am never without my protein, when out and about. Whether you make a simple shake, pudding or blend it into a protein fluff, protein powder will make it so easy to get in your protein requirements no matter where you are.

Travel Blender

This may sound silly but you do what you have to do to stay on track. While at home, I use a Vitamix but of course the Vitamix isn't travel friendly so I have a travel blender that I bring with me when on the road. It allows me to fight off cravings and stay on track. Especially after dinner when I get those nighttime cravings, having the ability to stay on my fluff game, is key! You can get ice and water anywhere so with your essential **Devotion Nutrition** protein powder and Flex Flavors, you can Fluff no matter where you are. Don't forget to B.O.Y.B and you will thank me later.



Stevia & Flex Flavors

Whether it's to add to your coffee, oatmeal or dressings, I am never without my stevia and **Flex Flavors**. Especially **Flex Flavors** since they aren't something you can find just anywhere (yet) ... Having the ability to maintain flavor in your food while out and about will be key to keeping you on track!

Almonds

Almonds are such a great snack to have on hand. Unlike avocados and oils, they travel well and are so easy to bring along no matter where you are. They make for such a perfect way to get in your Gina Approved fats while on the go.

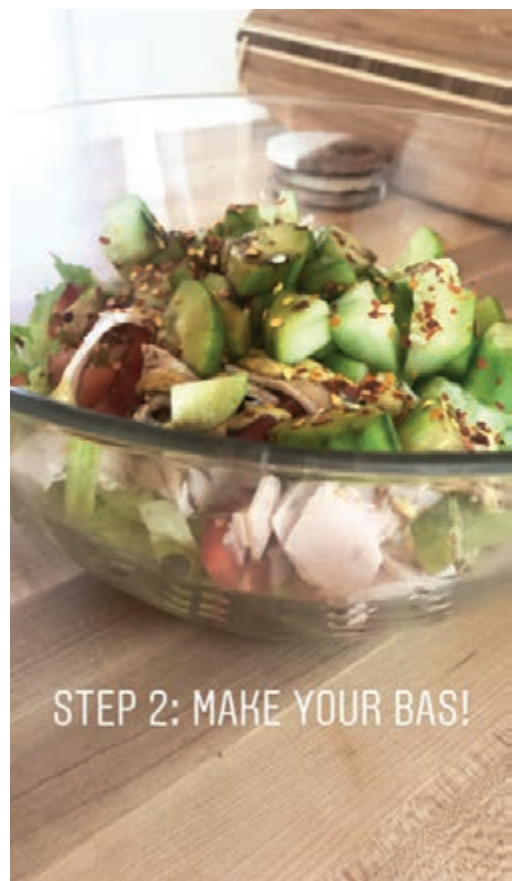
G-Tips for Success

Establish your Bowl

Since Veggies are FREE and you know how much I LOVE my BAS (Big Ass Salads), no matter where I go, I always establish my salad bowl. This sounds silly but having these simple pieces of dishware ready for when you need to prepare your meals, like at home, will keep you on track.

Did you know that my family members are so use to the "Gina bowls" that I have an established bowl waiting for me at my destination? Funny but true... these key things that will help keep you on track while you are out of your normal routine.

Not staying at a house, I either bring my own bowl, yes I sure do OR request the largest bowl the kitchen has. BAS has been KEY to my success and once you go BAS you never go back. That means you do what you have to do to stay on track. If I am deprived of food and volume, that is a recipe for disaster so I set myself up for non deprivation and success!



STEP 2: MAKE YOUR BAS!

Gather your condiments



Gather your dressing essentials so you don't fall victim to dressings and sauces that can sure add up. No matter where you are staying, you can always find the ingredients for my signature Mustard Dressing. Mustard (regular or Dijon), Vinegar (red wine or Balsamic) and optional, red pepper flakes. With these ingredients, a touch of water and your stevia, you can make your dressing no matter where you are. While the relatives are loading up on Ranch dressing or Thousand Island, you've got your Gina Approved dressing ready to go.

Gina's Signature Dijon Dressing

Ingredients:

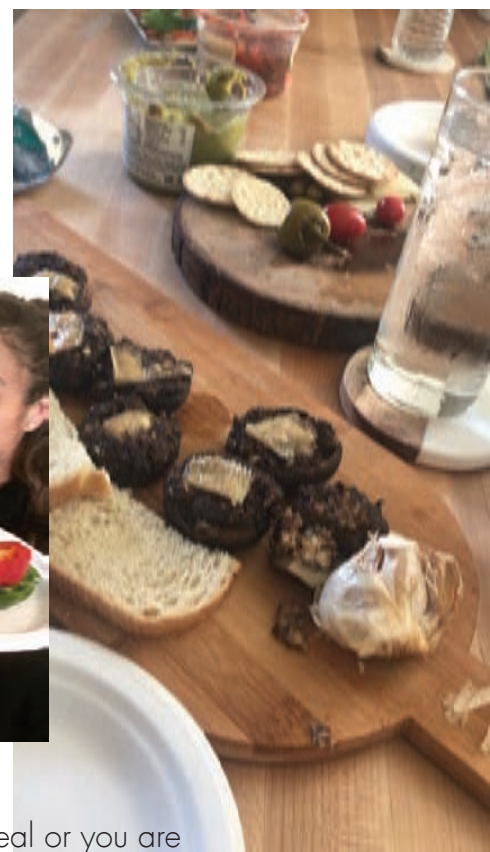
- 2 tbsp Dijon mustard
- 2-3 tbsp balsamic vinegar
- 1-2 packets of Stevia
- touch of water (1-3 tbsp)
- 1 clove garlic, minced (optional)
- Red pepper flakes to taste (optional)

Directions:

Mix all ingredients and use as salad dressing, over veggies or even over lean protein. Enjoy!!

Pick Wisely

Appetizers can make or break you so be mindful of your choices. Typically you can find hidden Gina approved options among the cheese and meat platter. Pick wisely and remember not all meat or veggies are treated the same. Cheese stuffed mushrooms and salami isn't the same as grilled mushrooms or turkey breast. Find the veggies on hand or better yet, have your stash so you can slice those up and still feel like part of the party.



Wake the Right Way



No matter what, be sure you get in your healthy breakfast. Whether that be egg whites and oatmeal or you are keeping it simple with a protein shake, pudding or fluff with your oats, don't skip this meal! I never want you to skip this meal but especially when you are traveling. Traveling opens up the door for unexpected situations and happenings that you aren't aware of so, when you have control, stay in control. While on the go, I tend to follow a simple breakfast that consists of a ½ cup oatmeal and 1 scoop of **Devotion Nutrition Protein Power** made into a pudding and poured over oatmeal or as a fluff and also poured over oats. Yummy! No better way to start the day. Oh yes, but first coffee, with **Flex Flavors**, that I conveniently brought with me, of course.

Be Flexible

This is still something that may take some practice but learning how to be flexible and being okay with changing things up is going to ensure success.

Being able to navigate situations and find ways, even if they aren't your typical ways, is key. One thing I hope to teach and reinforce is flexibility. Things are going to come up and we have to learn to navigate through situations effortlessly. Even if that means we have rice cakes over oatmeal or wait an extra hour to eat a meal, just do your best. You will get better at this, promise!

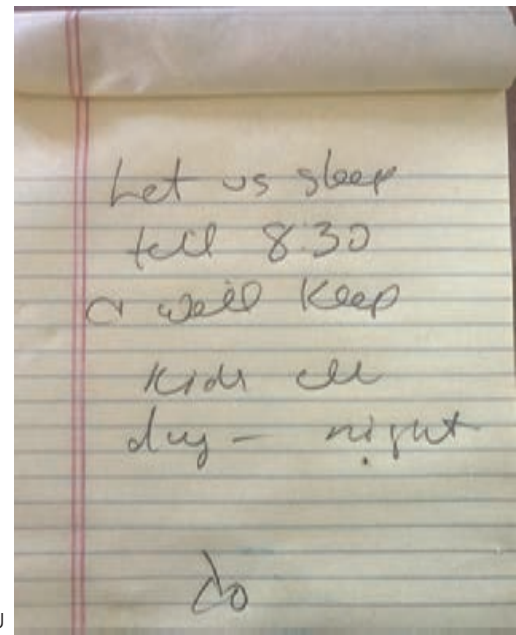


When you are staying at a house where people sleep later than you, maybe you have to wait to use the blender or choose another Gina Approved option. Enjoy a protein pudding or wait until it is okay to make some noise and blend away...

Don't forget to MOVE.

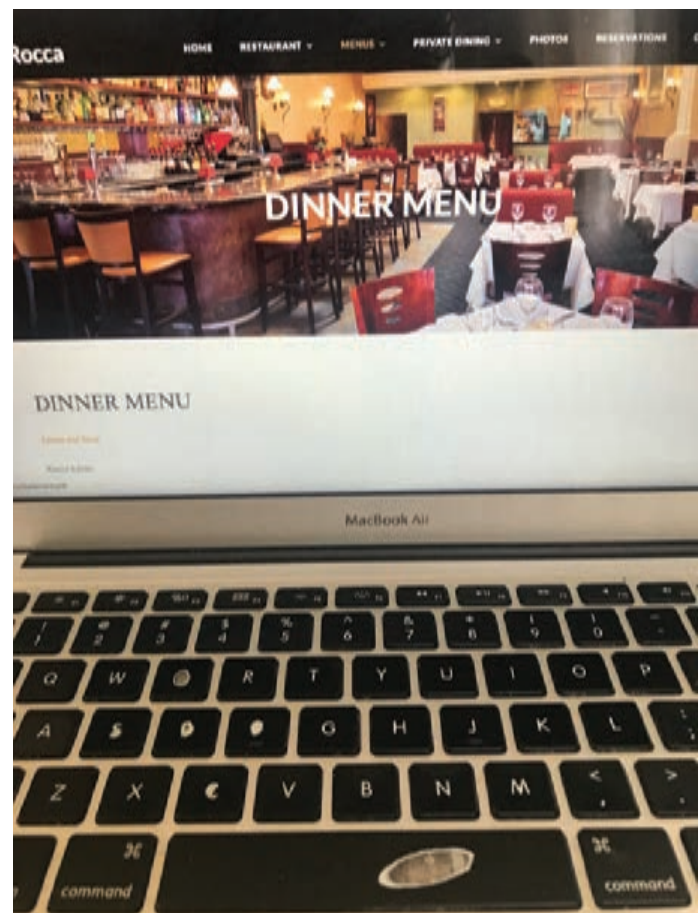


With our G-Fit No Gym workouts you can get in your workout no matter where you are! Simply log into the VIP and get it done. Whether it is one of our workouts or you decide to change it up and go out for a run or to a local gym, do whatever you feel you need to do to move your body. Movement is Magic and will set your day off right so don't miss a workout and make it a part of who you are and what you do, no matter where you are!



Don't make Dining out a Disaster

Dining out tends to happen more often when you are away from home. Whether someone is taking you out to dinner or you are scoping out a place to get a bite, checkout menus before you get there. Knowing exactly what is being served and what you are going to order will ease the stress and confusion when you arrive. Skim through the menu and make the best choices available. Don't forget to ask for what you want and don't feel bad, funny or embarrassed to ask for EXACTLY what you want and how you want something served. Grilled, no butter, dressing on the side, no cheese please. By now, restaurants are very use to diets and allergies so don't be afraid to ask and get exactly what you want.



True Story: We were invited to a wonderful Italian Restaurant so I found out where it was we were going and scoped out the menu. Come to find out they didn't have a ton of healthy options. They offered more meat and cream based dishes over seafood options. Where there is a will there is a way. I found the winner, a grilled salmon dish. Of course, I had to make my tweaks- Grilled, no butter or sauce and sub potatoes for extra veggies with no butter please but it came out delicious and perfectly on plan and Gina approved.

Be smart, plan ahead and make dining out a wonderful and relaxing event rather than a stressful experience.

Don't be afraid to Speak up



True Story: While preparing the most amazing seafood feast, I politely requested to have my seafood not smothered in butter or stuffed mushrooms stuffed with cheese and it was no problem and a win-win for everyone!

It may take courage to get comfortable with asking but remember, most people are accommodating and wouldn't think twice to make things slightly different for you. Remember, you work too hard to sabotage your goals by trying to please everyone.

Dining in with the family or friends, don't be afraid to say what you want or to have parts of the meal made without a sauce. If it was lasagna, I wouldn't request 1/8th of the lasagna be made without cheese and gluten free however when it comes to choices that can easily be made differently, without a cream sauce or steamed over fried, simply ask. Ask to take your serving of salad before it is tossed in a heavy cream dressing or maybe even offer to make Gina's signature Dijon dressing. Hopefully you are with people that know your style but maybe not. Don't be afraid to politely request to have yours put aside before healthy food is slathered with unhealthy and unnecessary fat and calories.



Mexi-CAN

Mexican seems to be a common dining out place. Whether it is fish tacos for lunch or fajitas for dinner, knowing how and what to order can make Mexican a perfectly Gina approved option.

Dine in MexiCAN

A sure way to order healthy at any Mexican restaurant is to get a house salad with grilled chicken, salmon or shrimp. Be sure to specify no cheese, tortilla strips or dressing and use the salsa as your dressing. Sliced avocado or black olives are a Gina approved option, if fats are on your menu for that meal. NOTE: Be sure to read and ask how the salad is prepared, a taco salad served in a big fried shell is different than a house salad that typically comes on a plate and loaded with tons of fresh veggies.



Dine out MexiCAN

A common grab and go spot is Chipotle, one of my favorites. So fresh and can be made so clean. Chipotle is a common chain that can be found just about anywhere which makes it a great healthy option.

Gina's Healthy Chipotle Favorite

Salad with ½ steak and ½ chicken with black beans, fajita veggies, medium and mild salsa, topped off with extra lettuce and extra side of fajitas. Enjoy!

Starbucks to the Rescue

While Starbucks may not be the cheapest breakfast in town or sure doesn't beat your oatmeal you brought with you, it does make for a healthy option when you are without your breakfast. Simply order the oatmeal without the toppings, add your protein powder and Flex Flavor to the bowl and enjoy completely Gina Approved and on plan. An expensive bowl of oatmeal but beats falling off track when you are in a bind.

Subway for the WIN

On the road with nothing in site but Chevron, McDonalds and Taco Bell, Subway is a great option and way to stay on track! Not necessarily the most organic chicken and greens you will ever have but a perfectly Gina approved option that will keep you on track with your breakthrough results.



Gina's Approved Subway Salad

Chicken Chop Salad with grilled chicken, lettuce, tomatoes, cucumber, onions, peperchins, cilantro, few black olives and dressed with red wine vinegar, mustard and pepper. Mix and Enjoy!

Emergency Meal on the Go

Never and I mean never leave the house without your emergency Meal. You never know what will come up or the lack of options available so always be prepared. There have been plenty of times where you say to yourself "oh they will have something I can eat" then you find out they sure don't and you have to either go starving or give into the hot dog or burger. Even salads can be premade, covered in cheese and with literally 1 oz of processed meat over top. I never am without my protein powder, Flex Flavor, spoon and water. No matter where you are, you can make a pudding to get you through until clean good food is available again. If there is a healthy option, great but if not, you are prepared and not going to fall off track.



Amusement parks are the epitome of unhealthy food options with very few if any healthy choices. Just because you are visiting animals doesn't mean you want to eat like one... Well maybe a gorilla but unfortunately no greens are to be seen at the zoo so always come prepared.

Hydrate

It is so easy to not drink your water requirements when you are on the road. Typically traveling means you are out of your routine and on the go a bit more. There is nothing worse than having to use the bathroom yet there is no bathroom in site. Between being busy and out of your routine or just not wanting to have to get up and locate a public bathroom, water can be the last thing on your mind. Be extra mindful and drink your water to keep you hydrated and to avoid extra puffiness that comes with traveling. Keep your water bottle on you at all times and drink up!

When in doubt, go Clear

Alcoholic beverages can come around more often when you are on vacation or dining out with family and friends. Opt for clear, no sugar options and avoid beer and margaritas as much as possible. Wine, in moderation, is fine. Choose red over white, but remember to hydrate while having a clean cocktail. Gina's preferred cocktail of choice is either a Tequila soda water with fresh lime juice and a packet of stevia (that I just so happen to pull out of my purse) or a Vodka martini with a twist or olive. Be smart and go clear!

Avoid the Post Vacation Blues with these true and tested tricks

1. Get back on a structured Plan. When you get home, get right back on the wagon. Whether that means you jump back on your favorite plan or better yet [The 7 Day Body Blast](#), plan to start the next day with a plan. [The 7 Day Body Blast](#) is the perfect post vacation plan that is sure to get you back on track, de-bloat and detox your system in only 7 days. That is my go to plan when I need that kick-start. I included all the de-bloating foods and carb cycled meal plans to ensure you get back to feeling like your old self in 7 days or less. It is a sure way to snap out of any post vacation blues FAST.

2. Make your first meal home one of your favorites.

My go to is always zucchini pasta. After being on the road and doing the best I can with more shakes and puddings to get me through those emergency situations, something fresh, warm and homemade always makes me feel so much better.



Simple Shrimp Shirataki Garlic Zoodles

Ingredients:

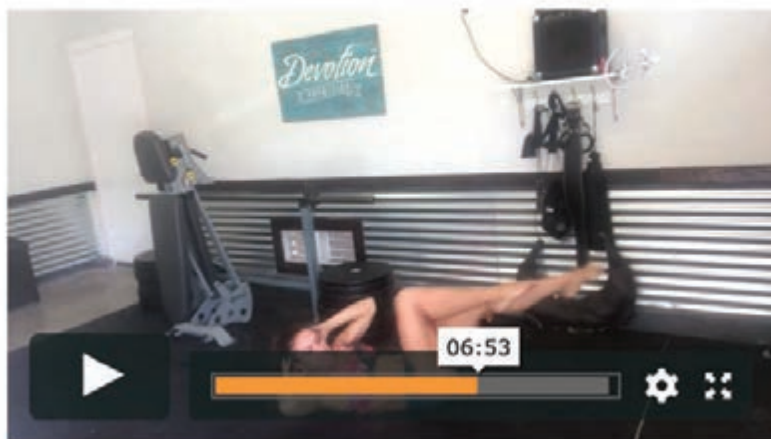
- 3 zucchini
- 2 fresh Roma tomato, diced
- 1/2 14.5 oz can fire roasted crushed or diced tomatoes (any brand but check ingredients to be sure there are no added sugars)
- 4 oz shrimp, Cooked
- 3 cloves garlic, minced
- 1/4 cup fresh basil
- red pepper flakes, to taste
- 1 packet Shirataki Noodles

Directions:

Place Shirataki noodles in strainer and rinse well. Allow to drain while preparing remainder of ingredients. Turn zucchini into "Zoodles" using a spirilizer. Set aside. Prepare sauté pan with garlic and diced tomatoes and sauté until tender. Add canned tomatoes, and basil. Sauté until all ingredients are well mixed. Add Zoodles and sauté until Zoodles are tender. Add shirataki noodles and shrimp and continue cooking until well combined. Serve and top off with fresh red pepper flakes, Enjoy!

3. **Water, Water and More Water.** Flush your system and rehydrate. The best thing you can do is hydrate and cleanse your system from the lack of water and addition of extra sodium from meals out or maybe few off plan. Get back to drinking our goal of $\frac{3}{4}$ -1 gallon a day.
4. **Asparagus to the rescue.** Add in natural diuretic foods such as asparagus to help shed unnecessary water. Luckily [The 7 Day Body Blast](#) has a lot of these debloating, natural diuretic foods in the menu to help shed the excess water weight to accelerate your results.
5. **Jump Back on the G-Fit Wagon.** No matter how hard it is or how lethargic you feel, you must move and get yourself back into your routine of structured workouts. Find one of your favorite circuits or simply [LOG IN](#) for our daily circuit and get a good sweat going. You may need to recycle our mantras and remember your why. Keep in mind, "this too shall pass" and once you shed the water and get back on your routine, you will feel back to your old self! The best part is, you will actually gain strength and learn that you can still travel and stay on track!

Circuit 18



tools laid out for your success.

Remember, [The VIP](#) is here to help you with any roadblocks or hiccups that need attention and suggestions. Trust me when I say, I have solutions for any and all situations. Never hesitate to ask me, our coaches or any others for suggestions or ideas to navigate through ways to stay on track while on the road!

Hope you find these tools and tips helpful for your upcoming travels!

Hugs,

Gina

Remember we work so hard and are consistent so we can allow for times of flexibility. Give yourself a break. Don't be so hard on yourself. Traveling will get easier but it will never be the same as when you are in your own routine, following your own structured plan and in control of ALL of your circumstances. Do the best you can and trust the process. As long as you are well prepared, remember your essentials and learn to best navigate any and all situations, you will always come out on top!

There is always a way and YOU are fully 100% in control. You may have to exercise patience and flexibility more than you like but every vacation you will become better at trusting yourself and the

THE ONLY WAY
TO GET BACK ON IS
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