

F L O L Y F E F I T N E S S



# 5-STEPS TO EAT CLEAN ON THE GO

The quick decision making guide for eating clean when you are on the run.

B Y D R C O L I N P A S Q U E



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Listen, I get it. Life gets busy, and sometimes meals don't go as planned. As a father and multi-business owner, I juggle this same struggle all the time.

Eating on the go can be a massive challenge to achieving your weight loss or fitness goals. But it doesn't have to be. After working with so many busy professionals and parents who struggled with this issue, I decided to create this easy step-by-step guide to help you navigate eating on the go.

I hope this helps. Enjoy!

**5-STEPS TO EAT CLEAN ON THE GO**

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# CHEAP, DELICIOUS, HEALTHY SNACKS

Being on the go doesn't always make it easy to meal prep or pack healthy foods. In fact, sometimes it makes it unsafe if you are traveling long distances for a business meeting and don't have a portable refrigerator. To help you pack the most nutritious snacks possible to help satisfy your hunger while on the go, I have made a list of my top-10 most nutrient dense snacks to bring with you on your next adventure:

Top-10 Nutrient-Dense Snacks:

1. Nuts
2. Fresh fruit
3. Dried fruit (unsweetened)
4. Quality meat jerky
5. Protein bar (sugar free)
6. Protein shake
7. Keto granola (unsweetened)
8. Nut butter + celery
9. Hummus + celery/pita
10. Trail mix (not the best, not the worst, but better than potato chips!)





# ORDERING HEALTHY(ISH) OPTIONS

Odds are, when you are on the go and don't have a healthy snack on hand OR a meal prepped, the next thing you are going to resort to is eating out.

ALL GOOD.

You will be fine! As long as you choose a place to eat with healthy(ish) options. Here is a guide to help you win, even when you have to order a meal off the menu.

How to Order Healthy:

- 1. ELIMINATE ANYTHING FRIED:** Instead, look for things that are baked, grilled, seared, or smoked.
- 2. PROTEIN FIRST:** narrow your options down to selections with 1-2 portions of lean protein
- 3. SIDES:** select a side that is colorful and from the earth. Fruit, veggies, etc.
- 4. WATER FIRST!** Start out with at least 1 glass of water. Then you can order something else up if you feel like a treat.



# IF YOU DRINK BOOS, DON'T LOOSE!

If you are not much of a drinker, feel free to skip this section. But if you do, even just socially, listen up!

Drinking can negatively affect so many aspects of our health. Our sleep. Our mood. Our metabolism. And even our libido.

All that said, it doesn't have to derail you from your fitness goals. Here are a few tips on drinking to prevent you from the day-after slug.

Tips to Crush a Night Out:

1. Take your last drink no less than 2 hours before you go to bed. This will keep your night out from also destroying a good night of sleep.
2. Drink a small glass of water between alcoholic beverage.
3. Stay off the heavy stuff. Stick to the "lights," seltzers, or low-sugar cocktails.
4. Moderation. This can go without being said, but don't over-do it.



# RESISTING LATE NIGHT CRAVINGS

There is something about the 9:00PM hour.. our stomach begins to grumble, and the beast wants to be fed.

Even though we know we are ~supposed~ to be done eating for the night (because we are always shooting for a 12 hour fasting window), we still can't manage to resist.

After 27 seconds of hard deliberation, we cave. Next thing we know, we took down a whole sleeve of Oreos (with milk, of course).

The story doesn't always have to end like this. And to break the habit, here are some tips to help you resist the late-night snack cravings:

1. Drink a big glass of water
2. Have healthy snacks close by (if you MUST eat, then make it healthy! See list on page 1)
3. Drink a protein shake (never a bad idea to get another hit of protein!)
4. HUNGER is OKAY! If you had a nutritious meal for dinner, I promise you won't starve. Hold off for 30 minutes, then if you are still hungry at that point, you can try one of the above methods.



# FASTING: BEST PRACTICES

To start, I want you to understand that no single intermittent fasting schedule will work for all people, at all times. Everyone is different. And everyone has different environmental factors that need to be considered when looking at implementing an intermittent fasting schedule.

Fasting can greatly affect things like your hormones, hunger cues, and metabolism (both for the best, and the worst). This is why it is so important to utilize it appropriately. Finding your perfect, daily fasting window can be challenging at first, but is incredibly rewarding - especially when you are on the go!

IF you want more in-depth explanations of the information on fasting, please visit this link:

[Click Here](#)

Here is a list of FASTING BEST PRACTICES:

1. Begin with a 12-hour fasting window. This is the minimum amount of time suggested to see the most optimal results.
2. Do's:
  - a. Plan your fasting window around sleeping hours
  - b. Stop eating ~2 hours or more before bed time for optimal sleep & digestion
  - c. Hydrate as much as possible during your fast
3. Don't's:
  - a. Avoid consumption of calories (things like water, black coffee, and non-caloric drinks are OK)
  - b. Don't start with anything more than 12 hours, especially if you're not currently used to this fasting interval

